The HEINZ BOOK OF MEAT COOKERY

Quick One-dish Dinners

Meats Men Like

Feasts from Left-overs

Party Platters •

Recipes for all meats

By Josephine Gibson

HEINZ
SAUCE
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CIDER VINEGAR
HEINZ
GHERKINS
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MUSHROOM
SOUP
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The HEINZ BOOK of MEAT COOKERY

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The MAIN COURSE

We dedicate this book to the main course, what the French master-chefs call the *pièce de résistance*, the hub around which the planning of the meal revolves, the issue upon which the worth of the meal is adjudged. We dedicate it, also, to the millions of meal-makers who strive to make eating one of the major joys of this life.

MEATS contribute importantly to the maintenance of the human machine, and when carefully prepared they replenish energies and provide new strength and vigor.

The Heinz Book of Meat Cookery pictures and describes attractive meat, fish and poultry dishes, and gives recipes for their making, and for preparing appetizing new dishes from left-overs, and illustrates table garnishing.

From great numbers of recipes which come to us, and are tested and tried in our home economics laboratories and also in the homes of our friends, we have chosen for this volume those which experience has proved practical to prepare and most pleasing to taste.

Josephine Gibson

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BEEF COOKERY

Beef Preparation

There is perhaps as much art in meat cookery as in any other type of food preparation. If meat is not delicious when served, it is because it has not been properly and carefully prepared. Variety in meat dishes is essential, and a knowledge of combining the right vegetables and relishes with meats, as well as preparing the meat in a wide range of appetizing ways is a subject that requires knowledge. On the preceding pages, the Family Dinner Menus featuring beef will be a helpful guide in menu planning.

In general, in purchasing beef, a bright red color is desirable, and it is even more essential that the flesh be firm and well mottled or "marbled" with fat which is creamy white and firm.

For tender or select roasts, such as rib roasts, the best method of cooking is to sear the meat at a high temperature for a short time (see recipe for roasting beef, page 20), then reduce temperature and finish cooking at moderate heat. Do not cover the meat and do not add water. Meat cooked in this way loses little of the delicious flavor developed by browning. For choice steaks, such as tenderloin and sirloin, broiling or panbroiling is a preferred method of cooking (see recipe for broiling steak, page 9). In panbroiling the meat is placed in a very hot pan without any additional fat. The meat is seared on one side, turned and seared on the other, and then cooked more slowly until done. The time for panbroiling is the same as for broiling.

Endless opportunities for delicious stews, casseroles and braised dishes are offered by the addition of flavor and moisture to left-over dishes and the cooking of the less tender cuts of meat long and slowly. The secret of success in cooking inexpensive meats and making left-overs delicious lies in skillfully seasoning with such tempting condiments as Heinz Tomato Ketchup, Worcestershire Sauce, Prepared Mustard or Beefsteak Sauce, or serving sauces made from Heinz Soups, Tomato Juice and other flavor aids. The recipes on the following pages will open new fields for adventure in menus.

BEEF COOKERY

Broiled Steak

Preheat broiler oven for 10 minutes. Grease broiler rack slightly and place meat on it. Place as near the heat as possible without coming into contact with the flame. Have steak cut from 1 inch to 1½ inches thick. Broil for 5 minutes on one side, turn and broil 10 minutes on the other side. Turn again and broil 5 minutes longer, making 20 minutes broiling. Sprinkle steak on both sides with salt, pepper and ½ teaspoon Heinz Worcestershire Sauce or Beef-steak Sauce. Place a piece of butter in the center and serve. Rare steak requires about 15 minutes broiling. In broiling with electricity, preheat oven element until glowing, then follow directions.

Hamburg Casserole

- 1 pound hamburg steak
- 2 tablespoons butter
- 4 medium size potatoes
- 1 cup Heinz Cream of Tomato Soup
- 2 onions
- 1 teaspoon salt
- Dash of pepper

Brown hamburg steak in skillet with butter. Cut potatoes in half-inch cubes and spread in a baking dish. Cover with half the steak. Add half the Soup and a sliced onion. Season with salt and pepper. Repeat, using remaining ingredients. Bake 1½ hours in moderate oven (350° F.). More Soup may be added during the baking, if needed.

Breaded Corned Beef

- 1 can corned beef
- 1 egg
- Heinz Prepared Brown Mustard or Heinz Tomato Ketchup

Chill beef and slice thinly. Spread generously with Mustard or Ketchup. Dip in beaten egg, then in crumbs, and brown in frying pan in a small quantity of hot fat. Arrange on platter and garnish with Heinz Preserved Sweet Pickled Onions.

SLICED BEEF CREOLE

Sliced Beef Creole

- ¼ pound sliced dried beef
- 3 tablespoons butter
- 4 tablespoons flour
- 2 cups milk
- ½ cup Heinz Chili Sauce
- Toast or toasted muffins

Brown beef slightly in frying pan with butter. Stir in flour. Add milk gradually, stirring constantly until thickened. Add Chili Sauce. Serve on toast points. Garnish with Olive slices.

Liver Patties

- ½ pound liver (beef or veal)
- 1½ cups mashed potatoes
- 4 Heinz Sweet Pickles, chopped fine
- ½ teaspoon salt
- Dash of pepper
- 6 tablespoons cream

Scald liver, drain and fry in a little hot fat. Chop liver fine and add mashed potatoes, Sweet Pickles, seasonings and cream. Put in buttered timbale molds and bake for 15 minutes in a hot oven (450° F.). Unmold and serve with Tomato Sauce (see page 94) or with Heinz Tomato Ketchup.

Spanish Steak

- 2½ pounds chuck steak (round or shoulder)
- 2 tablespoons butter
- Sliced onions
- 1 green pepper, chopped
- 1 can Heinz Tomato Soup
- 1 can Heinz Cream of Tomato Soup

Brown steak in butter. Add onions and pepper. Pour over soups mixed with water. Cover with tight lid and simmer slowly for 2 hours or until steak is tender. Add more water if necessary.

Smothered Steak

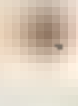
- 1½ pounds round or sirloin steak
- Salt
- Pepper
- Flour
- 1 can Heinz Cream of Mushroom Soup
- 1 teaspoon Heinz Worcestershire Sauce

Cut steak into serving pieces. Season with salt and pepper and dredge with flour. Brown steak in hot fat in frying pan. Add soup and Worcestershire Sauce. Cover tightly and simmer slowly for 1½ hours or until steak is tender. Serve with mushroom sauce poured over it.

Steak with Ketchup Gravy

After steak has been cooked, pour off all except 2 tablespoons fat. Add 2 tablespoons flour and stir until brown. Add 1 cup of water and 1 cup Heinz Tomato Ketchup and cook until thickened, stirring frequently.

Steak with Tomato Juice



- 1½ pounds round steak ½ inch thick
- ¼ cup flour
- Salt
- Pepper
- 1 to 2 cups Heinz Tomato Juice

Season flour with salt and pepper and pound into steak. Cut steak in small amounts for serving. Put in casserole, pour Heinz Tomato Juice over steak to cover and bake in moderate oven (325° F.) about 2 hours, adding more Tomato Juice if necessary to keep steak moist. Serve with sauce that remains in casserole.

Hamburg and Macaroni Casserole

- 1 pound ground beef
- 1 large onion, finely chopped
- 2 green peppers, chopped
- ½ cup Heinz Cream of Tomato Soup
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 cup Heinz Elbow Macaroni, cooked, drained and rinsed with cold water

Combine ingredients as given, mixing thoroughly after addition of macaroni. Turn into casserole and bake in moderate oven (350° F.) about one hour. Serves 8.

Cold Meat with Barbecue Sauce

- Slices of cold beef
- 2 tablespoons butter
- ½ cup Heinz Tomato Ketchup
- ½ cup water
- 1 tablespoon Heinz Pure Vinegar
- 2 teaspoons flour
- 2 teaspoons brown sugar
- 1 teaspoon Heinz Prepared Horseradish Mustard

Brown meat lightly on both sides in butter. Combine remaining ingredients and bake in a moderate oven (350° F.) for 1 hour.

Indian Corn

- 1 medium onion chopped finely
- ½ green pepper chopped finely
- 2 tablespoons butter
- 1 pound ground beef
- No. 2 can whole kernel corn, drained
- 1 medium can Heinz Cream of Tomato Soup (2 cups)
- 1 teaspoon sugar
- 1 teaspoon salt
- 2 tablespoons flour mixed with 2 tablespoons cold water

Cook onion and green pepper in butter for a few minutes. Add meat and brown well, stirring frequently. Add corn, soup, sugar and salt. Simmer for about 2 minutes, stir in blended flour and water and cook for a few minutes and then serve. Toast points or crackers will make an attractive garnish for this dish. This is a very helpful meat and corn recipe. Serve together with a mixed vegetable salad.

Casserole of Meat and Spaghetti

- 1 pound ground beef (round steak)
- 1 medium size onion
- 1 medium size green pepper
- 1 large can Heinz Cooked Spaghetti in Tomato Sauce
- ½ cup water
- Heinz Rice Flakes

Chop onion and pepper finely and fry for a few minutes. Add meat, mix thoroughly and cook for a few minutes. Season with salt and pepper, add Spaghetti in sauce, water and pour into a casserole dish. Sprinkle with Heinz Rice Flakes and bake in a moderate oven (350°F.) for about half an hour. Bake about 20 minutes. Ring the changes with this recipe by adding cooked vegetables before baking. Buttered spinach, Heinz Sweet Gherkins or Heinz Mustard Pickles are appropriately served with the main course of meat dishes with which this dish is served.

Steak, German Style

- 1 pound thin sirloin steak (½ inch thick)
- 6 slices bacon
- 3 Heinz Genuine Dill Pickles
- ½ cup Heinz Tomato Ketchup
- ½ cup water
- 1 teaspoon Heinz Worcestershire Sauce

[illegible] pickles [illegible] Dill Pickles [illegible] pepper. Sear in a hot skillet with bacon. Place steak in casserole, pour over it sauce made of Ketchup, water and Worcestershire Sauce. Bake for [illegible] minutes in a moderate oven. Serve the steak upon a platter garnished attractively with watercress or parsley.

Baked Round of Beef

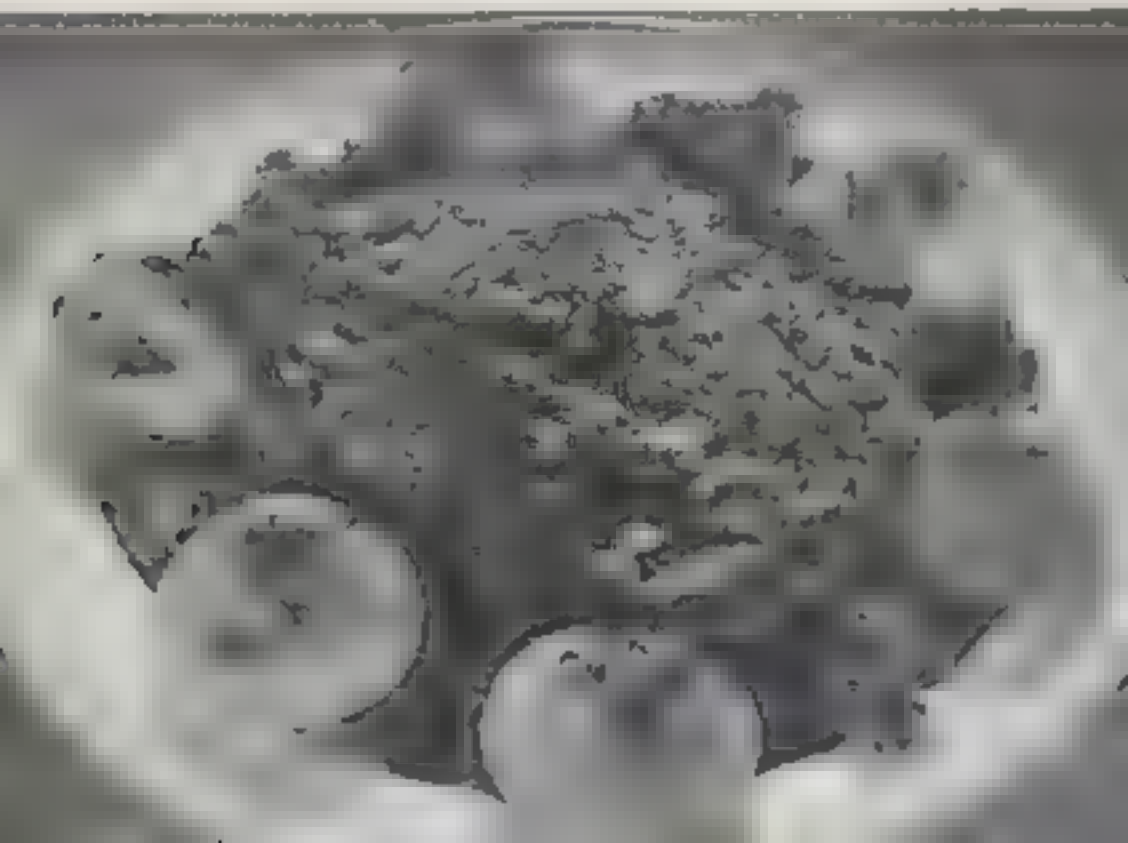
- 2½ pounds round steak (1 inch thick)
- 2 tablespoons Heinz Evaporated Horseradish soaked in 4 tablespoons cold water for 10 minutes
- 1 thinly sliced onion
- 1 green pepper
- 1 lemon
- Salt and pepper
- 1 [illegible] size bottle Heinz Tomato Ketchup
- Parsley

Place steak in a roasting pan and [illegible] pepper rings. In [illegible] each pepper ring [illegible] teaspoon Horseradish [illegible] meat. Season with salt and pepper. Cover with bottle of Ketchup. Bake [illegible] 2 hrs. Serve on a hot platter, garnished with [illegible] Sunday Dinner for the family or when [illegible] meat course of this meal serve potatoes baked in [illegible] pepper, sliced and [illegible]

Vegetable Meat Loaf

- 2 pounds lean ground steak
- 1 egg
- ½ cup finely chopped onion
- 1½ teaspoons salt
- ¼ teaspoon pepper
- 1 can condensed Vegetable Soup
- 2 cups Heart Rice Flakes

Mix ingredients in the order given. Pack into a loaf pan, greased on the bottom only. Sprinkle with a little extra flour and bake in a moderate oven (350°F.) about 1½ hours. Pour off any excess fat and cover with tomato sauce, if desired. Let stand 10 minutes before turning out on platter. Garnish with parsley and serve with baked potatoes and buttered green beans. Makes 6 to 8 servings.



Savory Meat Loaf

- 2 pounds beef
- 1 pound fresh pork
- 1 teaspoon salt
- Pepper
- 2 eggs
- 1 small onion, grated or 2 teaspoons onion juice
- 2 cups bread crumbs
- ¼ cup cream
- ¼ cup Heinz Tomato Ketchup
- 1 teaspoon Heinz Worcestershire Sauce
- 6 slices salt pork
- ⅓ cup hot water

Grind meat, add salt, pepper, eggs, slightly beaten, onion, if desired. Then add bread crumbs moistened with cream, Tomato Ketchup and Worcestershire Sauce. Shape into a loaf, place in a roasting pan and lay the salt pork across the top. Roast in a moderate oven (350° F.) for 2 hours, basting frequently with ½ cup hot water. Make a sauce to serve over the meat, using as a base the liquid that is left in the roasting pan.

Savory Steak

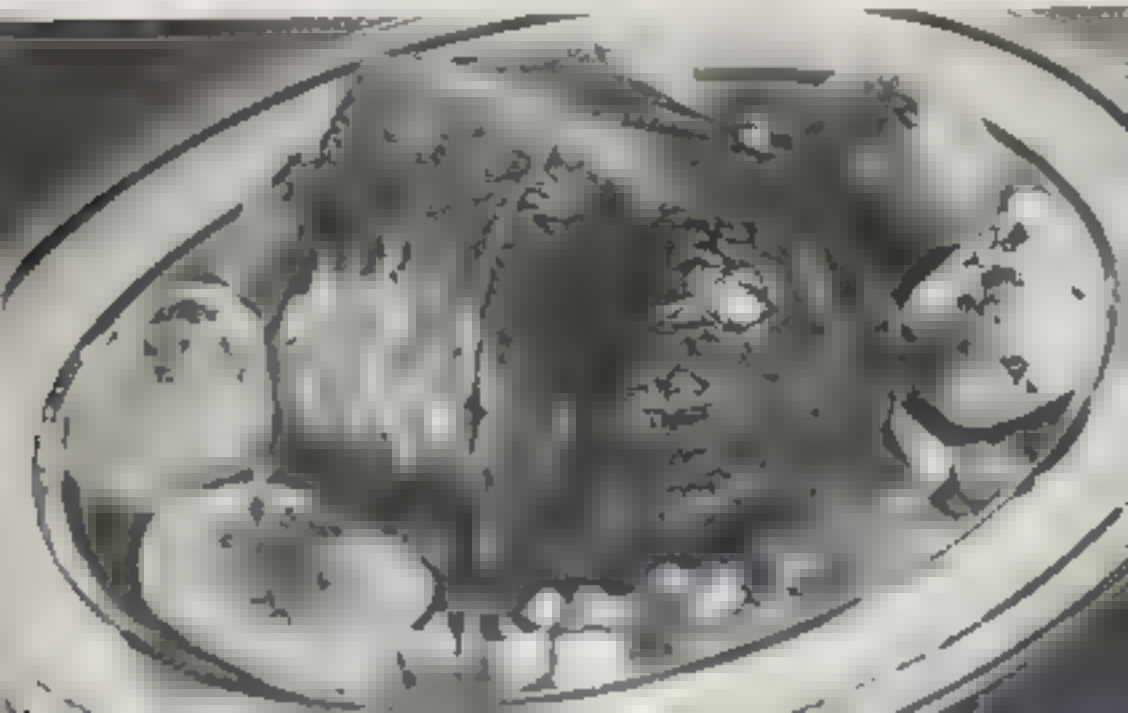
- 2½ pounds round steak, 1 inch thick
- Flour
- Several slices bacon or salt pork
- ½ teaspoon salt
- Dash of pepper
- 1½ cups hot water
- ½ teaspoon Heinz Prepared Mustard
- 2 tablespoons Heinz Tomato Ketchup
- 1 small onion

Trim steak, pound flour into both sides with edge of saucer. Fry bacon or pork until brown. Remove bacon and brown steak in drippings. Season with salt and pepper, add water, Mustard and Ketchup. Pour over the steak, cover tightly and simmer until tender—about 1½ hours, when water should be entirely evaporated. Just before serving, add the onion, sliced, and a small amount of the meat sauce from the pan.

Braised Beef with Vegetables

- [illegible]
- Salt and pepper
- Flour
- Fat
- 1 cup sliced onions
- 1 cup sliced celery
- 2½ cups boiling water
- ½ cup Heinz Tomato Ketchup
- Potatoes

[illegible]



Roast Beef

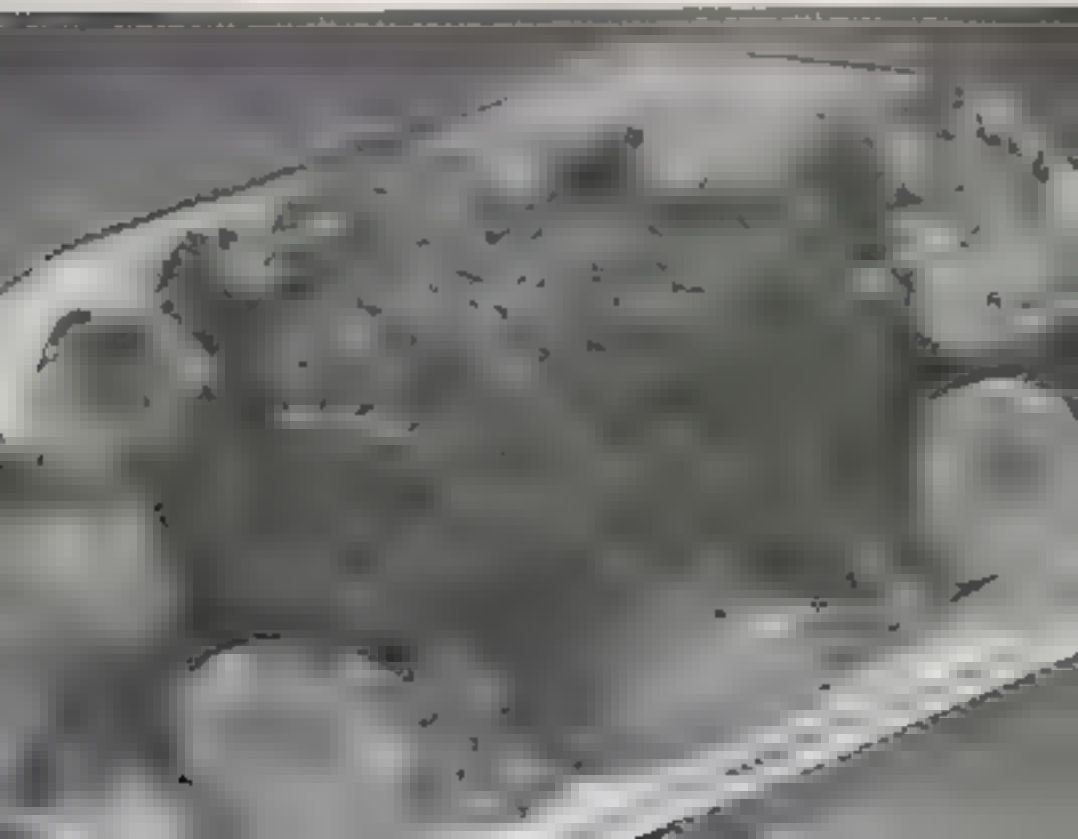
- 1 piece (4 lbs.) rolled rump
- 1 teaspoon salt
- Dash of pepper
- 2 tablespoons flour
- 1½ cups water
- 1 bottle (10½ oz.) Heinz Worcestershire Sauce
- French Dressing (see Heinz Salad Book)

Wipe the meat with a damp cloth and season, then place the fat in a pan of water in the pan. Add the flour and water to the pan. Cook for 1 hour. Add the Worcestershire Sauce and cook for 1 hour. Add the French Dressing and cook for 1 hour

Swiss Steak

- [illegible] teaspoons salt
- [illegible] pepper
- [illegible] cup flour
- 2½ pounds round steak [illegible] thick
- 2 tablespoons fat
- [illegible]
- [illegible] green pepper, chopped fine
- [illegible] cups water
- [illegible] cups thick tomato [illegible]

[illegible] cut the beef into serving pieces. Trim [illegible] tenderize with a [illegible] pound [illegible] flour mixed with salt and pepper. Heat fat in [illegible] brown meat [illegible] Add onion, green pepper, water and tomato. Cover closely and simmer [illegible] hours or until meat is tender. Add [illegible] Thickness may be obtained by [illegible] the sauce with [illegible] the liquid [illegible] with [illegible] flour and water [illegible]



Cold Platter of Meat and Eggs

- Cold broiled tongue or meat loaf
- Cold baked ham
- Sliced cold chicken
- Sweet Swiss cheese
- Lettuce and tomatoes
- Halves of stuffed or deviled eggs
- Heinz Stuffed Spanish Olives
- Heinz Genuine Dill Pickles
- Watercress

Arrange the cold meat and cheese attractively on the center of a large platter or chop plate. Put small heart leaves of lettuce around the edge of the plate and then arrange the stuffed or deviled eggs and [illegible] Garnish with Olives, Pickles and watercress. In the center of the platter you will have an attractive looking cold meat platter. If you have left over the meat should be covered with waxed paper or a damp cloth and placed in the refrigerator until serving time.

Individual Cold Platters

- Sprigs of parsley or watercress
- Cold meat—meat loaf, ham, roast beef, bologna, or other meat
- Lettuce
- Tomatoes
- Olives
- Nuts
- Heinz Mayonnaise
- Heinz Midget Chow-Chow
- Sandwiches, made using Heinz Sandwich Spread

Put a few sprigs of parsley or watercress on a small plate. Arrange a slice of meat, a slice of tomato, and a lettuce leaf on the plate. Garnish with Olives, Nuts, Mayonnaise, or meat stuffed with cold slaw, or other appetizing salad. In the center of the plate put a small dish of Pickles or Midget Chow-Chow. Serve with Sandwiches made with Sandwich Spread.

BEEF LEFT-OVERS

Beefsteak Pie

- 2 cups cubed cooked or roast beef
- Boiling water
- 1 onion
- Few drops Tabasco Sauce or Ketchup
- ½ teaspoon Heinz Worcestershire Sauce
- 2 tablespoons flour
- Salt and pepper
- [illegible]
- Baking powder biscuit dough or pastry

Put remaining cooked or roast beef in saucepan. Cover with boiling water. Add onion, Ketchup, Worcestershire Sauce and cook slowly for [illegible] minutes. Remove onion and thicken gravy with flour blended with a little cold water and season well with salt and pepper. Add potatoes cut in ½ inch slices, which have been parboiled for 8 minutes in salted water. Put in a well-greased baking dish and cover with [illegible] dough or pastry. Bake in a moderate oven [illegible] for [illegible] minutes.

Roast Meat with Tomato Sauce

Prepare Tomato Sauce according to recipe given on page 94. Add left-over roast of veal, pork or lamb and simmer until meat is thoroughly heated.

Baked Hash Casserole

- 3 cups cooked meat, ch[illegible] pork, beef, veal, or combination of these
- 2 cups fresh bread crumbs
- 1 can Heinz Cream of Green Pea Soup
- Dash of pepper

Mix all the ingredients and place in a buttered casserole. Cover with buttered crumbs and bake in a moderately hot oven [illegible] minutes. Serves 5.

Hot Mushroom Sandwich

- 2 tablespoons butter or
- 3 tablespoons flour
- 1–1½ cups Blue Ribbon Cream of Mushroom Soup
- Slices bread, toasted or moistened
- Thin slices of meat from cold roast beef or pork
- Minced parsley
- Paprika or Tabasco

Melt butter or [illegible]. Blend in flour and [illegible]. Add soup gradually and cook until thick, stirring constantly. Arrange meat on toast. Place under broiler to heat through. Pour soup mixture over meat. Sprinkle with parsley and paprika or Tabasco. Arrange Ripe Olives and Pickles on a relish plate and serve with [illegible]. *Will bake.*

Mushroom and Rice Casserole

- 2 cups cooked rice
- 2 cups diced cooked meat (left-over)
- 1 can Blue Ribbon Cream of Mushroom Soup

Mix rice and [illegible]. Pour the cream of Mushroom Soup over the top and bake for 30 minutes in hot oven (400° F.). When [illegible] with cheese on top with buttered crumbs and [illegible]. Rice Bake [illegible] Ripe Olives and Pickles.

Quick Beef Stew

- 2 cups [illegible] left-over beef or pork
- 2 [illegible] or tomatoes, cut up
- 2 tablespoons flour
- 1 can Blue Ribbon Mushroom Soup

Brown meat in [illegible]. Add [illegible] and Blue Ribbon Soup and [illegible]. Cook slowly [illegible].

PORK

Dinner Menus

APPETIZER OR SOUP (IF DESIRED)	MEAT DISH	POTATOES OR SIMILAR FOOD	OTHER VEGETABLE
[illegible] Tomato Juice	Baked Ham Page 31	[illegible] or Baked Sweet Potatoes	Buttered Spinach
[illegible]	[illegible] [illegible]	[illegible]	[illegible]
	[illegible]	[illegible]	[illegible]
Heinz Cream of Green Pea Soup	[illegible] page 30	[illegible]	Buttered Onions
	[illegible] Baked [illegible] Cheese [illegible]		[illegible] Cauliflower or Buttered
[illegible]	[illegible] [illegible]		Corn Pudding
[illegible]	[illegible]	[illegible] [illegible]	
[illegible]	Browned Sausage Page 33	Heinz Cooked Spaghetti In Tomato Sauce	[illegible]
Heinz Tomato [illegible]	Pork with Noodles Page 45		Scalloped Cabbage
[illegible] Tomato Sauce	[illegible]	[illegible]	[illegible]
Heinz Vegetable Soup	[illegible] [illegible]		Creamed Peas or Creamed [illegible]
[illegible] Tomato [illegible]	[illegible]		Buttered Spinach

INCLUDING PORK

GARNISH OR RELISH	SALAD	DESSERT
[illegible]	Apple and Celery Salad	[illegible]
[illegible]		[illegible]
[illegible]	Cole Slaw with Mustard Dressing	[illegible]
[illegible]	Mixed Fruit Salad	[illegible]
[illegible]	[illegible] Molasses [illegible]	[illegible]
Home Made Relish	[illegible] Tomato [illegible]	[illegible]
Cakes and Home Spanish Queen Olives Currant Jelly	[illegible]	[illegible]
[illegible]	Jelled Tomato Salad	[illegible]
[illegible]	Mixed Fruit Salad	Lemon Meringue Tarts
[illegible]	[illegible]	Strawberry or Peach Shortcake
[illegible]		Home Fig Pudding with Ice Cream
[illegible]	Waldorf Salad [illegible]	Chilled Macaroni

Pork Preparation

Pork [illegible] fresh pork [illegible] If [illegible] kind of meat [illegible]

[illegible] pork [illegible] outside surface [illegible] moist [illegible]

Pork [illegible] Rub the roast [illegible] pepper, sear for [illegible] degrees F and allow [illegible] pound. Baste occasionally with fat [illegible] cooking as a welcome addition. [illegible] pork [illegible] of fat from it. Pork [illegible] ways be sure that pork is cooked [illegible] very slow cooking is essential.

Broiling [illegible] pork [illegible] Pork [illegible] Pork [illegible]

PORK COOKERY

Whole Baked Ham

- [illegible] 2 [illegible]
- 2 to 3 cups hot water
- 1 tablespoon Heinz Pure Prepared Mustard
- [illegible] Heinz Pure Cider Vinegar
- [illegible] brown sugar
- Whole cloves

[illegible] Put in [illegible] with [illegible] Pour [illegible] Bake [illegible] large [illegible] When [illegible] Mix [illegible] Vinegar [illegible] Bake [illegible] Remove [illegible] When [illegible] and [illegible] bake [illegible]

Casserole of Pork Chops and Noodles

- [illegible]
- 4 to 6 pork chops
- [illegible]
- 1 small onion
- [illegible] Heinz Tomato Ketchup
- [illegible] water
- Bread crumbs

Cook noodles in boiling salted water [illegible] nearly done and salt slightly. Mix [illegible] with Heinz Ketchup and water. Put chops in casserole [illegible] with noodle mixture and sprinkle with buttered crumbs. Bake at [illegible]

Breaded Cold Meats

- 6 slices cold roast pork, [illegible] or beef
- [illegible] Heinz Tomato Ketchup
- 1 cup Heinz Rice Flakes, [illegible]
- Fat

[illegible] left over [illegible] with [illegible] Heinz [illegible] Brown in hot [illegible] completely. Fry in hot fat [illegible] Drain. Salt and pepper [illegible] with vegetables.

Potato Salad with Sliced Frankfurters

- [illegible] cups diced cooked potatoes, chilled
- 1 large cucumber, sliced
- 1 [illegible] sweet
- [illegible] cup Heinz Genuine Dill Pickle chopped
- 1 tablespoon finely chopped onion
- 8 frankfurters
- Heinz Mayonnaise Dressing
- [illegible] teaspoons Heinz Prepared Mustard
- [illegible] teaspoon salt

[illegible] Add frankfurters which have been cooked [illegible] peeled and sliced. Moisten with Mayonnaise [illegible] which has been added the Mustard and salt. Serve [illegible] *This is very delicious for [illegible] the usual [illegible] meal or for a [illegible]*

Ham Roll with Tomato Juice

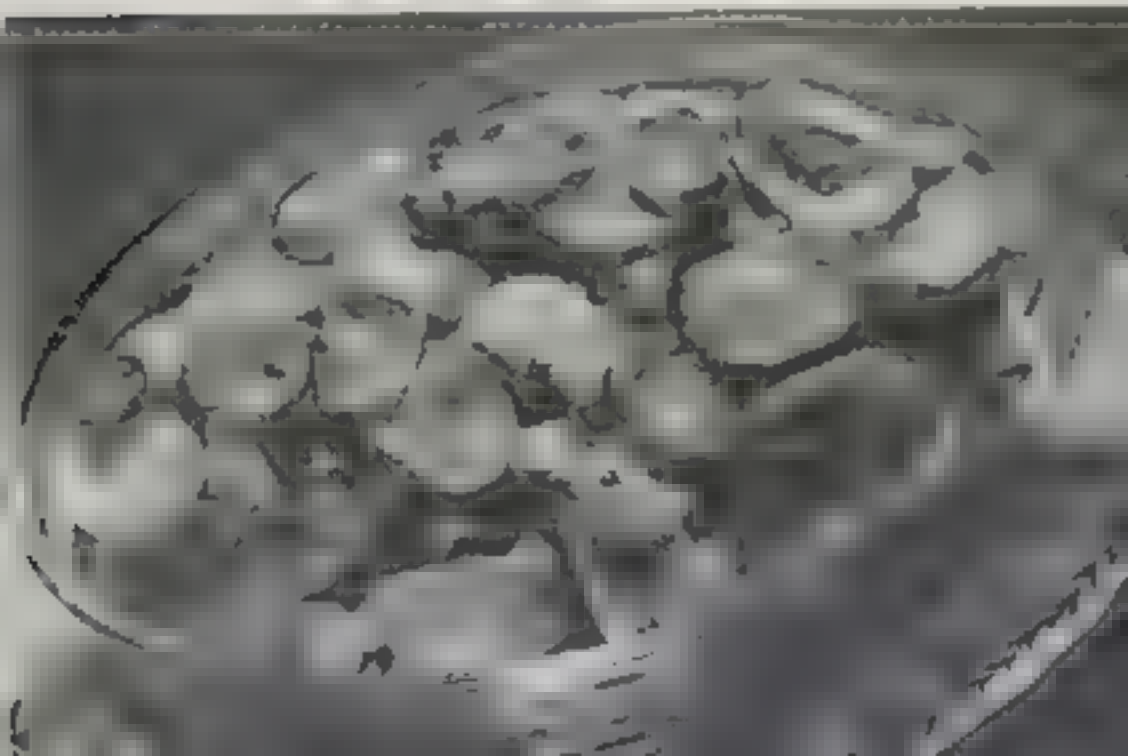
- [illegible] large slice ham, [illegible] inch thick
- [illegible] cup bread crumbs or Heinz Rice Flakes
- 1 tablespoon chopped onion
- [illegible] teaspoon Heinz Worcestershire Sauce
- 1 teaspoon Heinz Beefsteak Sauce
- [illegible] teaspoon pepper
- [illegible] tablespoons melted butter
- Milk [illegible]
- 1 can Heinz Tomato Juice

Soak [illegible] in milk. Mix [illegible] with [illegible] Heinz Beefsteak Sauce, pepper, butter and [illegible] milk to moisten. Spread [illegible] with mixture, roll up like jelly roll, rolling from [illegible] and fasten with toothpicks. Put in roasting pan and pour on all sides. Pour [illegible] Bake [illegible] hour, basting frequently with tomato juice. Uncover and [illegible] brown nicely. *Ham baked in this way has an unusually delightful flavor.*

Ham and Vegetables en Casserole

- 1 slice ham, about 2 pounds
- 1½ teaspoons Heinz Worcestershire Sauce
- 2 tablespoons brown sugar
- 1 teaspoon Heinz Prepared Mustard
- 1 tablespoon vinegar
- 1 medium-size onion
- 1 medium-size carrot
- 1 cup peas
- 3 medium-size potatoes
- Flour
- Salt and pepper
- 2 cups milk

Rub slice of ham with Worcestershire Sauce, sugar and Mustard. Place in casserole or baking dish and add vinegar. Slice onion, carrot, potatoes and arrange around ham. Sprinkle with salt and pepper. Add milk and bake in moderate oven (375° F.) for 1½ hours. During the last hour of baking remove the cover and brown.



Barbecued Fresh Ham

- [illegible] Fresh Ham
- [illegible] pepper

SAUCE

- [illegible] Heinz Pure Cider Vinegar
- [illegible] Heinz Prepared Mustard
- [illegible] tablespoons sugar
- [illegible] bottle Heinz Tomato Ketchup

[illegible] ham from pan and thicken [illegible] for sauce and pour over ham. Bake 3 or [illegible] at oven (375° F., depending [illegible] of the ham. During [illegible] ham from pan, drain off the [illegible] slightly. Thicken [illegible] and pour

Baked Ham with Peanut Butter

- [illegible] pounds [illegible] raw cured ham
- Heinz Creamy Peanut Butter
- Heinz Prepared Mustard
- Milk

Spread Ham [illegible] Heinz Creamy Peanut Butter and then [illegible] layer of Mustard. Cover meat [illegible] and bake [illegible] hours, in a moderate [illegible]

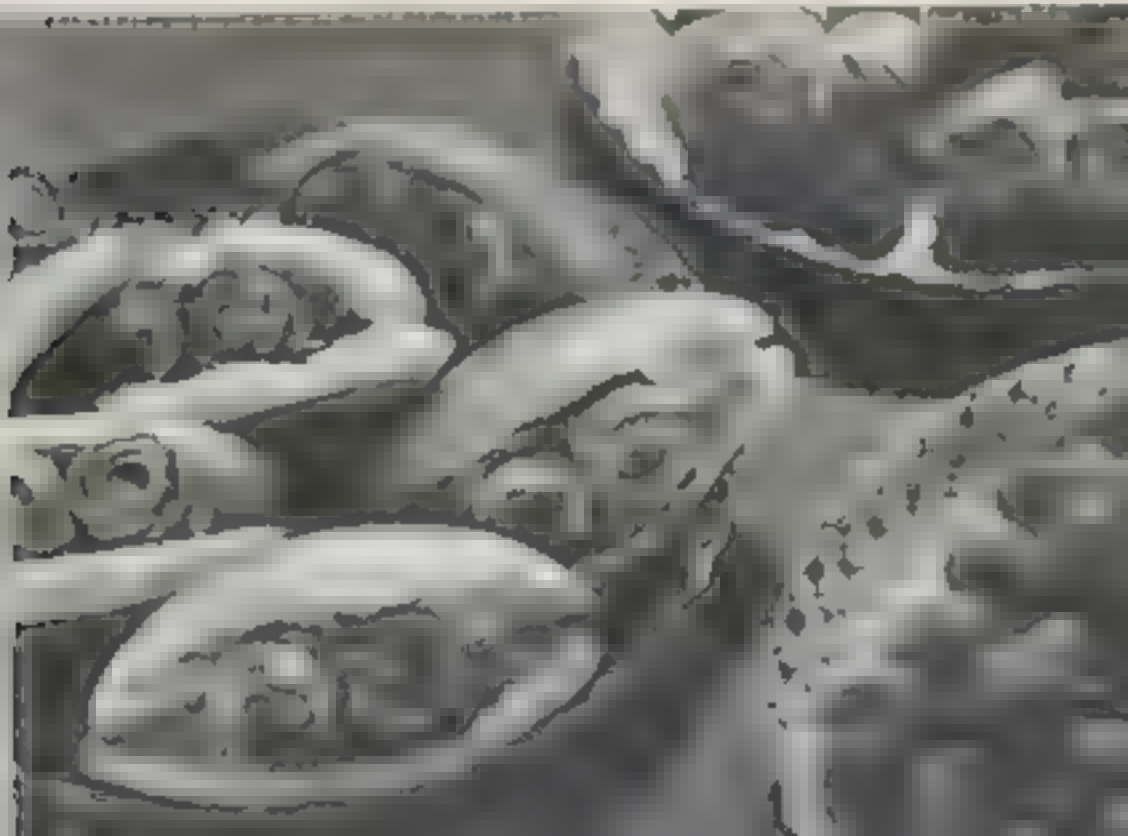
Bacon and Olive Rolls for the Picnic Dinner

- [illegible] Heinz Spaghetti
- [illegible] Heinz Spaghetti Sauce with Olives
- [illegible] hot rolls

[illegible] Wrap [illegible] bacon around [illegible] Olives with toothpicks and broil.

Baked Cottage Ham

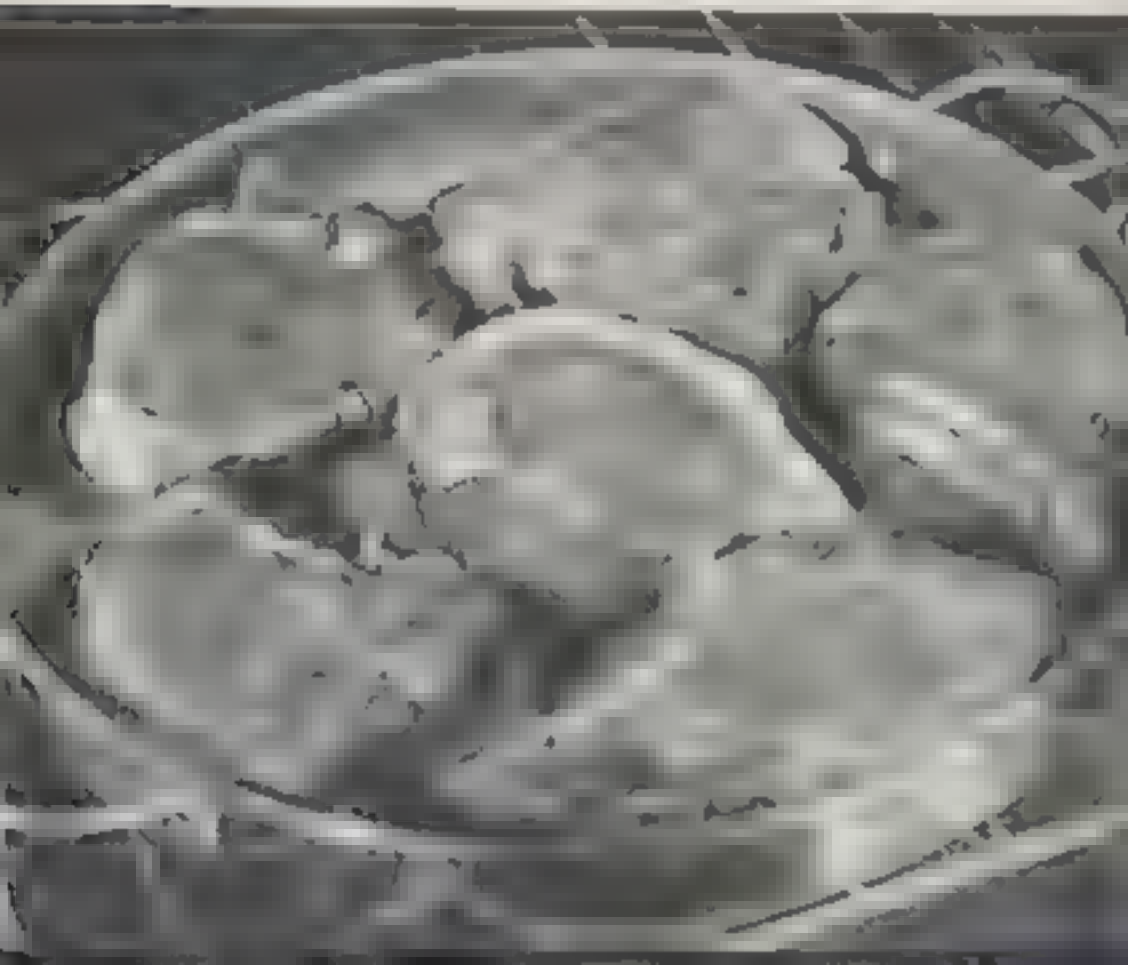
- 1 cottage ham
- ½ cup granulated sugar
- 1 tbsp. Heinz Pure Prepared Mustard
- 5 tablespoons Heinz Pure Vinegar
- ½ cup water
- 1 cup apple cider
- Brown potatoes



Stuffed Baked Pork Chops

- 6 double pork chops
- 2 cups bread crumbs
- 4 tablespoons butter
- 1 small onion, minced
- ½ teaspoon Heinz Worcestershire Sauce
- ½ teaspoon salt
- Dash of pepper
- ½ cup water
- 3 tablespoons Heinz Tomato Ketchup

Cut pocket in each chop. Make a dressing of bread crumbs and seasonings. Fill pockets with dressing. Brown chops in hot fat. Place in roasting pan. Add water. Cover and bake 1 hour and 30 minutes. Bake uncovered 30 minutes longer, basting frequently.



Baked Ham Slices with Potato

- 2 slices cured ham, ½ inch thick
- 3 large potatoes, thinly sliced
- ½ cup Heinz Tomato Ketchup
- ½ cup cold water
- Heinz Stuffed Spanish Olives
- Parsley

On one slice of ham pla[illegible] of potatoes [illegible] with a second slice of ham. [illegible] Bake in a very hot oven [illegible] minutes. Combine ketchup and water, and pour over ham. Cover and continue baking [illegible] hot, about [illegible] hour. Garnish with Stuffed Olives and parsley. Serves [illegible].

Ham Loaf with Potatoes or Pineapple

- 1 pound cured ham, ground and ½ pound fresh pork, ground together twice
- 2 cups Heinz Rice Flakes
- 1 teaspoon Heinz Worcestershire Sauce
- 1 egg
- ½ cup milk
- Pepper
- Flour
- [illegible] sweet potatoes
- Pineapple, if desired

Mix all ingredients, except flour, potatoes and pineapple, together thoroughly. Pack into a [illegible] greased loaf pan and sprinkle with flour. Sear in a very hot oven [illegible] minutes, or until brown. Pour ½ cup of water around loaf, cover and continue cooking in a moderate oven [illegible] for 1 hour. Arrange [illegible] hour, sliced sweet potatoes around the loaf. If desired, place slices of pineapple on top of loaf and broil [illegible] minutes.

■ The Heinz Salad Bowl [illegible] Recipes, Heinz Salad Dressings, Appetizers and Sandwiches [illegible] and how to serve [illegible] treated. A great aid to entertaining. Send [illegible] for three labels from Heinz Products.

Baked Pork Chops with Beef Broth

- [illegible] pork chops
- Salt and pepper
- [illegible]
- 6 large potatoes, thinly sliced
- 2 small onions, thinly sliced
- 1 can Heinz Beef Bouillon or Heinz Vegetable Soup
- 1 cup water

[illegible] pork chops in fat and brown [illegible] Place chops in baking dish and cover with onions. Season with salt and pepper. Pour over broth made from Heinz Beef Bouillon or Vegetable Soup and water. Bake, covered, for about 40 minutes in moderate oven (375° F.) [illegible]

Spanish Casserole

- 1 dozen link sausages
- ½ dozen slices bacon
- 2 large carrots, finely sliced
- 1 green pepper, chopped
- 2 cups peas, carrots and lima beans, cooked
- 1 can Heinz Tomato Ketchup
- ½ cup water

Wrap two sausages in each slice of bacon and secure with toothpicks. Brown the sausages in a frying pan, then remove from pan and drain off all but 2 tablespoons of the fat. Fry onions, carrots and green pepper in the fat for 5 minutes. Add peas, lima beans, tomato ketchup and water. Bring to the boil, stirring occasionally. Pour into a casserole and place sausages on top. Bake in moderate oven (375° F.) for about 30 minutes. Remove toothpicks before serving. Serve with boiled potatoes and a salad of mixed fresh fruits in season.

■ The recipes on this page [illegible] using Heinz products. Recipe booklets sent free on request. Write to Dept. [illegible]

PORK COOKERY

Sausage Loaf

- 2 pounds fresh pork sausage meat
- 1 egg
- 2 cups Heinz Rice Flakes
- 1 teaspoon salt
- 1 cup Heinz Tomato Ketchup
- 1/2 cup milk or water

Mix the sausage meat, Rice Flakes and salt thoroughly. Add ketchup and just enough milk to moisten and make mixture easy to shape into a loaf. Place in a shallow pan and bake in a moderate oven (350° F.) for about 1 hour. Reduce heat to 300° F. for about 1 hour. Remove from pan carefully. Serve hot or cold. If sliced and used cold, with Heinz Mayonnaise or Heinz Prepared Mustard and lettuce, makes delicious sandwiches.

Pork Chops Supreme

- 6 lean pork chops
- 6 [illegible]
- [illegible] cup brown sugar
- 1/2 cup Heinz Tomato Ketchup

Place chops in a shallow baking dish and season with salt and pepper. Add [illegible] and brown sugar. Cover and bake in a moderate oven about 1 hour, turning occasionally. Add ketchup and cook 15 minutes longer.

Sausage and Macaroni Casserole

- 1 medium can Heinz Cooked Macaroni in Tomato Sauce with Cheese
- 2 medium sweet onions
- 1 pound sausage

Place Macaroni in a casserole. Parboil onions for 5 minutes. Drain and cut in thick slices. Form sausage into cakes. Brown on both sides in a skillet and place them on top of onions. Bake covered in a moderate oven (350° F.) until onions are tender. Uncover and brown slightly.

Baked Pork Chops

- 6 pork chops
- Salt
- 1 tablespoon Heinz Prepared Brown Mustard

Sprinkle chops with salt and pepper. Brown slowly in Mustard. Bake [illegible] of hot water when nearly done. Serve on crisp [illegible] of baked pan. Delicious [illegible]

Baked Ham with Savory Sauce

Bake a [illegible] ham [illegible] in a moderate oven. Baste [illegible] with sauce made by combining the following:

- 1 cup Heinz Tomato Ketchup or Chili Sauce
- ½ cup cold water
- 1 tablespoon Heinz Pure Vinegar
- 2 tablespoons brown sugar
- 1 tablespoon lemon juice
- ½ teaspoon Heinz Prepared Mustard

Bake in a moderate oven [illegible] basting frequently with sauce. Add [illegible] sauce from the pan and serve.

Luncheon Frankfurter Rolls

- 1 pound Frankfurters
- ½ cup Heinz Sweet Mixed Pickles
- 2 tablespoons mixture from the pickles
- 3 tablespoons Heinz Vinegar
- Rolls
- Butter

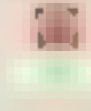
[illegible] Frankfurters [illegible] Heinz Sweet Mixed Pickles [illegible] Heinz Vinegar [illegible] Rolls from the ends, scoop out part of center [illegible] with the meat mixture. Replace [illegible] Butter the packed halves, wrap each sandwich [illegible]

Chop Suey

- [illegible] pork or shoulder cut into pieces
- 2 [illegible] mushrooms
- 1 stalk celery
- 2 large onions
- ½ green pepper, cut fine and free from seeds
- Salt and pepper
- [illegible] cup warm water
- 4 tablespoons soy sauce
- 2 tablespoons cornstarch
- 1 [illegible] Heinz Worcestershire Sauce

Cut [illegible] pork into small pieces, removing [illegible] fat. Put in pan with [illegible] and brown well. Add celery, onions, mushrooms and green pepper, cut fine, and salt and pepper to season. Add water, soy sauce, Worcestershire Sauce, sugar and cornstarch. Cook [illegible] minutes. Serve with *steamed rice or Heinz Cooked Spaghetti in Tomato Sauce.*

Sausage and Apple Rings with Heinz Cooked Spaghetti



- 1 pound sausage
- 2 tablespoons butter
- 3 large cooking apples
- Sugar
- 1 large can Heinz Cooked Spaghetti in Tomato Sauce

Brown sausage in a frying pan and allow to cook slowly until thoroughly done. Remove from frying pan and pour off excess fat. Melt butter and [illegible] apples which have been cored and cut into rings. When brown on one side turn, sprinkle very lightly with sugar and cook gently until tender when [illegible] more sugar if necessary. Heat Spaghetti, drain off liquid and arrange on platter with sausage and apple rings.

■ [illegible] Sauce [illegible] Recipes for Salad Dressings, Apple [illegible] and Sauces [illegible] made with Heinz Products are illustrated. A great aid [illegible] for three [illegible] from [illegible]

Meat and Eggs with Mushroom Sauce

- 1 tablespoonful butter
- 1 cup cooked pork finely diced
- 2 hard cooked eggs sliced
- 1 can Heinz Cream of Mushroom Soup
- 4 hard cooked eggs
- Salt and pepper

Melt butter in saucepan, add meat and stir lightly. Add Heinz Cream of Mushroom Soup and heat thoroughly. Pour over hot buttered toast and garnish with sliced hard cooked eggs. Serves four persons.

Casserole of Roast Pork

- 1 large onion
- ½ green pepper
- 3 tablespoons Heinz Pure Cider Vinegar
- ½ cup Heinz Cream of Tomato Soup
- 1½ cups cooked chicken, pork, veal or beef
- Slices or cubes of left-over pork
- Heinz Oven Baked Beans with Pork or Heinz Red Kidney

Chop onion and pepper fine. Add vinegar and cook until vinegar evaporates. Add Heinz Soup, mix well and cook slowly for 1 hour. Put meat in greased baking dish or earthenware or ovenware platter and pour over the sauce. Sprinkle top with bread crumbs and cover with baked beans. Bake for about 30 minutes or until beans are brown and meat has been heated through.

■ Heinz Cream of Tomato Soup is a delicious and healthful addition to your menus. Try it as a cream soup with milk or water.

PORK LEFT-OVERS

Left Over Roast Pork with Spaghetti

- [illegible] minced
- [illegible] chopped
- [illegible]
- [illegible] cooked Spaghetti
- [illegible]
- [illegible] cup water
- 1 large can Heinz Cooked Spaghetti in Tomato Sauce
- [illegible]
- [illegible]
- [illegible] Heinz Worcestershire Sauce

Cook onion and [illegible] in butter until [illegible]. Add pork, cook [illegible] flour and brown. Add water, [illegible] thickens, then add [illegible] Cook until Spaghetti is thoroughly [illegible] Serve hot and sprinkle with grated American cheese.

Pork with Hot Mustard Sauce

- 2 [illegible]
- [illegible]
- [illegible]
- [illegible]
- 2 teaspoons Heinz Tasty Mustard
- [illegible] cooked pork
- Buttered toast

Melt butter in skillet, add flour and brown lightly. Add milk and stir [illegible] Season with salt and pepper. Add pork and heat thoroughly. Serve on slices of toast, [illegible]

Pork with Noodles

- 2 tablespoons butter
- [illegible] tablespoons flour
- 1 medium can Heinz Noodle Soup
- [illegible] cups diced cooked pork

Melt butter and [illegible] Add Heinz Noodle Soup and cook [illegible] Add pork and heat [illegible] Serve on [illegible]

Scalloped Ham and Eggs

- 1 cup cubed ham left from a roasted ham meal
- 4 hard-cooked eggs
- 2 cups white sauce
- Betty Ann Bread Crumbs

WHITE SAUCE

- 4 tablespoons flour
- 4 tablespoons butter
- 2 cups milk
- Betty Ann Bread Crumbs

Place layer of ham in bottom of baking dish. Add layer of eggs, sliced, then layer of white sauce. Repeat layers of ham, eggs and sauce. Cover with layer of Betty Ann Bread Crumbs. Bake in moderate oven (350° F.) for about 30 minutes, or until well heated through. Serves 6.

Ham and Macaroni Casserole

- 1 medium can Betty Ann Cream Mushroom Cream Soup
- 2 cups cooked macaroni
- 1 cup Betty Ann Bread Crumbs
- 1 tablespoon butter or fat

Place a layer of macaroni in a greased baking dish. Add a layer of ham. Repeat layers, using soup for each layer. Mix Betty Ann Bread Crumbs and butter and sprinkle over the top. Bake in moderate oven (350° F.) for about 20 minutes, or until well heated through. Serves 4. Excellent method for using left-over ham.

Pork Loaf

- 2 pounds ground fresh pork
- ½ pound smoked ground ham
- 1 cup Betty Ann Bread Crumbs
- 2 eggs
- 1 cup Betty Ann Tomato Juice
- 1 teaspoon salt
- ½ teaspoon pepper

Mix all the ingredients together. Pack into a loaf pan. Bake in hot oven (400° F.) for about 1½ hours. Baste occasionally with fat or tomato juice to prevent soaking.

VEAL

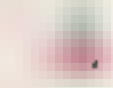
Dinner Menus

APPETIZER OR SOUP (if desired)	MEAT DISH	POTATOES OR SIMILAR FOOD	OTHER VEGETABLE
			Buttered Green Peas
		Brown Potatoes	Buttered Green Peas
		Baked Potatoes	
			Buttered Carrots
Cream of Tomato Soup			
Cream of Asparagus Soup			Buttered Carrots

INCLUDING VEAL

GARNISH OR RELISH	SALAD	DESSERT
[illegible]	[illegible]	[illegible]
[illegible] Pickles	[illegible]	[illegible] Meringue Pie
[illegible] Mustard Pickle	[illegible]	Butterscotch [illegible]
[illegible]	[illegible]	[illegible] Pudding
[illegible]	[illegible]	[illegible]
[illegible] Sweet Mustard Pickle	Lettuce, [illegible] Egg, Green [illegible] Olives, French [illegible]	[illegible]
[illegible]	[illegible]	[illegible] Cookies
[illegible]	Mixed Fruit	Chocolate Layer Cake
[illegible]	[illegible]	[illegible]
[illegible]	Fresh Fruit Salad	[illegible]
[illegible]	[illegible] Vegetable Soup	[illegible]
[illegible]	[illegible]	[illegible]

Veal Preparation



Veal preparation is somewhat different, however, from the beef [illegible] supplied during careful cooking.

Pieces of veal should be [illegible] with little [illegible] throughout the [illegible] therefore, require [illegible]

To roast veal, rub well with salt [illegible] dredge with flour. Roast for fifteen minutes at 500 degrees F. Place cover on roaster to prevent [illegible] tender (from about [illegible] to the pound). [illegible] and across [illegible] Jelies, Heinz Pickles and Pickle [illegible] tasty accessories to all veal dishes.

The many delicious veal dishes that are suggested in the booklet [illegible] the two previous pages show the versatility [illegible] pieces [illegible] Veal Loaf and Veal Birds [illegible] pan broiled Veal Steak and Veal Chops [illegible] pan broiled Veal Steak and Veal Chops [illegible] savory appeal that [illegible] to the art of successful veal cookery.

Brown Fricassee of Veal

- 1½ pounds veal steak
- 3 tablespoons flour
- 1½ teaspoons salt
- Pepper
- 1½ cups Heinz Chili Sauce
- 1½ cups boiling water

Cut veal in pieces for serving, sprinkle with flour and brown well in hot fat. Add [illegible] Cover and simmer 1½ hours. Make a paste of flour and water and add to sauce, stirring constantly. Season to taste with salt and pepper. Serve with [illegible]

Jellied Veal Salad

- 1 tablespoon gelatin
- ¼ cup cold water
- 2 cups cooked veal, cubed
- ½ cup celery, cut in small pieces
- ½ teaspoon green pepper
- ½ cup chopped pimiento
- ½ teaspoon salt
- Heinz Mayonnaise
- Lettuce

Soak gelatin in cold water 5 minutes and dissolve over hot water. Add veal, celery, pepper, pimiento and salt. Mix Mayonnaise thoroughly through these ingredients. Pour into wet mold first dipped in cold water. Chill several hours. Unmold on bed of lettuce. In center of [illegible] Serve Jellied Veal Salad with Heinz Mayonnaise.

Fricasseed Veal Steak

- 1½ pounds veal steak
- 1 medium can Heinz Cream of Mushroom Soup
- Salt and pepper
- Flour
- [illegible] teaspoon Heinz Worcestershire Sauce

Cut veal in pieces for serving, sprinkle with seasoned flour and brown well in hot fat. Add [illegible] Cover and simmer 1½ hours. Add Soup and Sauce, and simmer 10 minutes. Serve with [illegible]

Veal Birds with Mushroom Sauce

- 2 pounds veal, sliced ½ inch thick
- 2 cups bread crumbs
- 1 tablespoon melted butter
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 can Heinz Cream of Mushroom Soup

Lay the veal on a clean surface. Mix together the remaining ingredients except the soup. Spread this mixture on the center of each piece of veal. Roll the meat and fasten with toothpicks. Brown in hot fat in a heavy skillet. Pour off the fat. Add the soup. Cover and simmer 1½ hours. Remove the toothpicks and serve the gravy with the veal.

Carolina Meat Pie

- 1 pound shoulder of veal
- 1 small piece of cured ham
- Salt and pepper to taste
- 1 tablespoon butter
- 2 onions, chopped
- 2 carrots, diced
- 2 tablespoons flour
- 1 quart boiling water
- ½ cup Heinz Tomato Ketchup
- 4 potatoes, diced
- Biscuit dough
- Parsley

Cut meat into pieces about one inch square. Sprinkle with salt and pepper. Brown onions in fat, then add meat and cook a few minutes longer, stirring often. Sprinkle with flour and brown. Add the boiling water and Heinz Tomato Ketchup. Simmer for one hour until meat is tender. Add potatoes and carrots and cook 20 minutes longer. Pour into a deep baking dish. Cover with biscuit dough and bake in a hot oven (400°F.) until crust is brown. Serve hot with Heinz Tomato Ketchup.

Veal Pot Pie with Dumplings

- 2 pounds lean boneless veal
- 1 onion
- 1 teaspoon salt
- Dash of pepper
- ¼ teaspoon Heinz Worcestershire Sauce
- 2 cups diced potatoes
- ½ cup Heinz Tomato Ketchup
- 3 tablespoons flour
- ¼ cup cold water
- Dumplings

Cook veal in boiling water with onion, salt, pepper and Worcestershire Sauce. When veal is tender and partly done add potatoes and Tomato Ketchup. Thicken, using flour blended with water. Place dumplings on top of the meat, cover closely and steam for 20 minutes. Do not lift cover during this time and remember that steaming makes dumplings heavy. If steam escapes, dumplings will be heavy.

DUMPLINGS

To make the dumplings, mix and sift 2 cups flour, 4 teaspoons Baking Powder, ½ teaspoon salt, work in 1 tablespoon fat, 1 egg and cold water gradually. Drop by teaspoonfuls on top of the stew, cover tightly and steam 15 minutes.

Spanish Meat Balls

- 1 pound ground veal
- 1 cup bread crumbs
- 1 tablespoon chopped onion
- 1 tablespoon chopped green pepper
- 1 teaspoon salt
- 1 egg, beaten
- 1 small can Heinz Cream of Tomato Soup
- 1 cup water in which has been cooked ½ bouillon cube

Mix veal, crumbs, onion, pepper and salt. Form into balls and fry in hot fat until brown on all sides. Heat Soup and water to boiling point and pour over meat balls. Simmer slowly about 30 minutes. Serve gravy and meat balls with boiled rice.

Veal and Vegetables en Casserole

- 1½ pounds shoulder veal ground
- 2 tablespoons melted butter
- ½ cup bread crumbs
- ½ teaspoon Heinz Worcestershire Sauce
- ½ teaspoon chopped parsley
- 1 teaspoon salt
- ½ teaspoon sugar
- 1 cup milk
- ½ cup bread crumbs
- 6 small onions, sliced
- 6 small potatoes, quartered
- 1 green pepper, chopped
- 1 cup hot water
- 3 tablespoons Heinz Tomato Ketchup
- Pepper

Mix together veal, potatoes, and onions. Work in butter, bread crumbs, parsley, salt, pepper, and sugar and well beat to a paste. Form the mixture into balls, roll in flour and then brown in a skillet with fat. Arrange vegetables, ingredients, and water in layers in the Ketchup. Pepper between layers and bake in a moderate oven for 1 hour.

Veal Creole

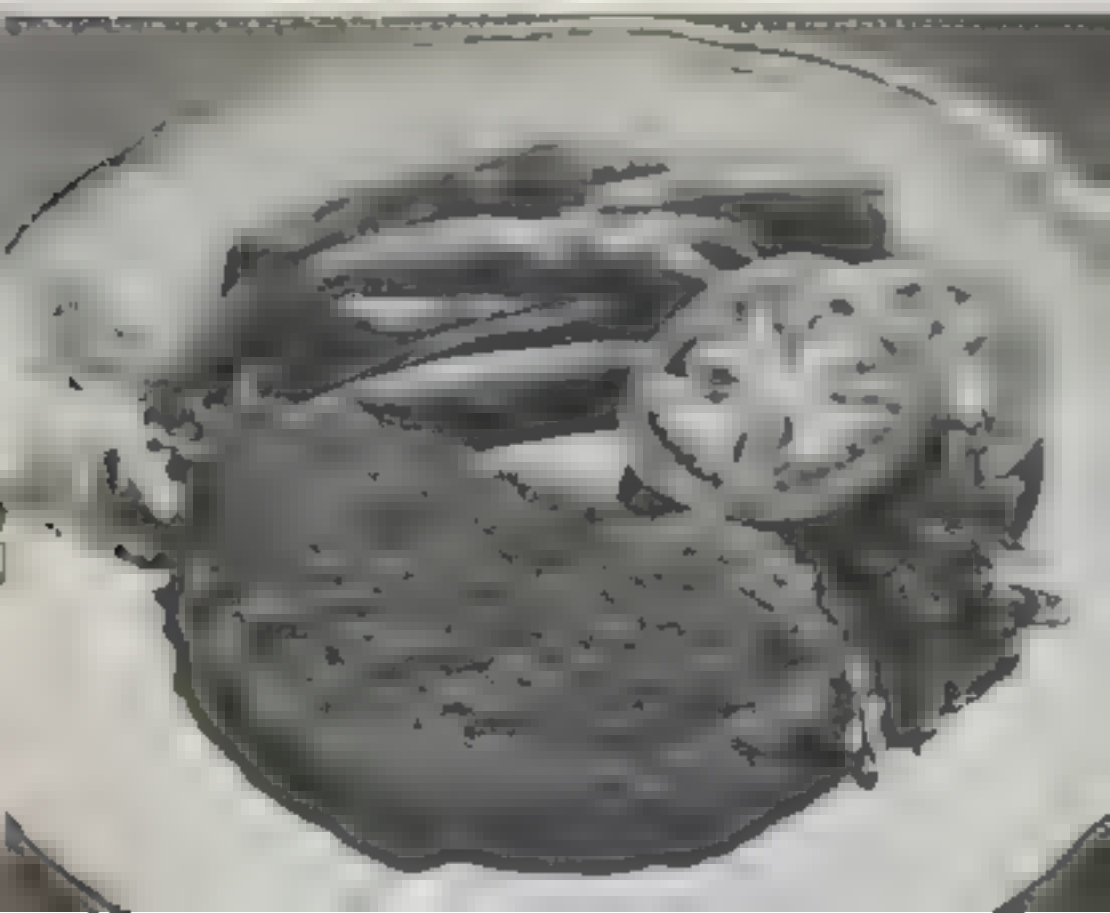
- 2 tablespoons butter
- 1 chopped green pepper
- 2 small onions, chopped
- Veal cutlet
- Salt and pepper
- Flour
- ½ cup Heinz Tomato Ketchup
- 1 cup warm water

Melt butter in skillet and fry in it the green pepper and onions. Remove vegetables and pepper as they brown and dredge veal with flour which has been sprinkled with salt and pepper. Brown slightly in fat. When brown, pour over the Heinz Tomato Ketchup mixed with water. Bake uncovered for 45 minutes in a moderate oven (350° F.). Thicken the sauce, if desired, by adding flour mixed with cold water. Serve with boiled rice.

Devilled Veal Steak

- 1 pound veal steak cut ½ inch thick
- 2 teaspoons Heinz Prepared Mustard
- ½ teaspoon salt
- Pepper
- 1 tablespoon butter
- 1 egg
- ½ cups Heinz Corn Flakes, measured then crumbled with rolling pin

Sprinkle steak with Mrs. Heinz Prepared Mustard, salt and pepper and cut into serving pieces. Dip pieces of steak in egg and then in Corn Flakes and fry in skillet with butter over low heat about 15 minutes on each side. Serve with Heinz Sweet Pickles and Heinz Tomato Ketchup.



Smothered Veal Chops

- 6 veal chops, 1 inch thick
- 1½ teaspoons salt
- Pepper
- 1 egg
- ¾ cup cracker or bread crumbs
- Fat
- 1 large onion
- 1 cup Heinz Cream of Tomato Soup (½ of a 10½ ounce can)
- ½ cup water

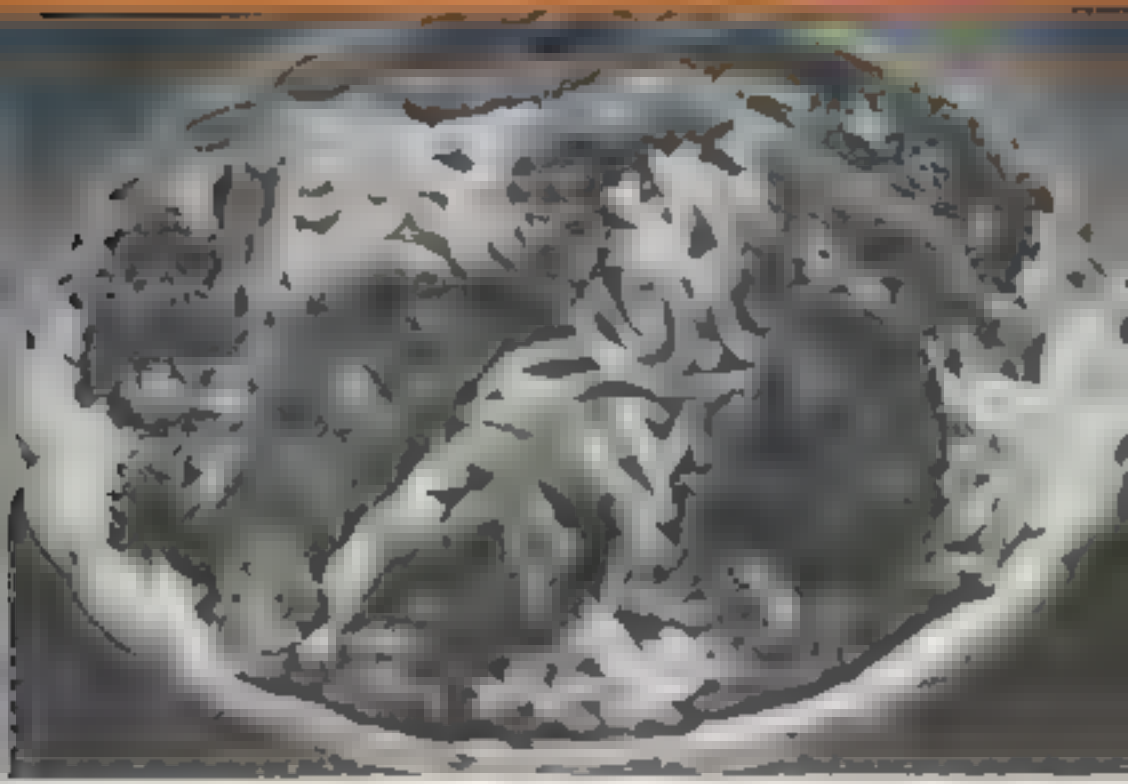
Sprinkle veal chops with salt and pepper and dip in slightly beaten egg which has been mixed with small amount of water. Roll in cracker or bread crumbs and brown nicely on both sides in hot fat. Place chops in baking dish and put a slice of onion on each chop and pour over them the Soup and ½ can water mixed together. Cover and bake in moderately hot oven (375° F.) about 1 hour or until chops are tender. Serve with baked potatoes. Sprinkle with grated cheese if desired.

City Chicken

- 1 pound veal cutlet
- 1 pound pork
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 teaspoon onion juice
- 1 egg
- ¾ cup fine bread crumbs or crumbled Heinz Rice Flakes
- 2 tablespoons fat
- 1 can Heinz Cream of Mushroom Soup

Cut meat into 1½ inch wooden skewers. Cut meat in one inch squares, sprinkle with salt and pepper and onion juice. Insert skewers in order of pork, veal, meat, pork, veal and pork and veal. Have ends of skewers of pork. With fingers mold the meat around the skewers, dip in the slightly beaten egg and then roll in the crumbs. Brown quickly in hot fat in frying pan. Place in a baking dish. Pour soup over and bake in a moderate oven (350° F.) for about one hour. Use Heinz Currant Jelly as a relish. Make 1 pound of veal go further by using one pound of pork as well and you will find it very delicious.

VEAL COOKERY



Escallopine of Veal with Spaghetti

- 1 pound veal cutlet
- [illegible]
- [illegible]
- 1 teaspoon Worcestershire Sauce
- [illegible]
- Salt and pepper
- 1 large can Heinz Spaghetti in Tomato Sauce

Cut veal into [illegible] pieces, dip in [illegible] and brown with [illegible] in frying pan. Sprinkle with Worcestershire Sauce, salt and pepper, cover and cook gently about 20 minutes. Add Spaghetti and allow to heat through. Arrange on hot serving dish and garnish with [illegible].

Heinz

Meat and Vegetable Pie

- 2 tablespoons butter
- ¼ tablespoon flour
- 1 can Heinz Vegetable Soup
- 2 cups diced cooked meat (veal, pork or beef)
- Pastry or mix for biscuit dough

Melt butter in saucepan. Add flour and blend. Pour in Soup and stir until it thickens. Add meat and pour into a large casserole or individual casseroles. Cover with pastry and bake in a moderate oven (375°F.) for 30 minutes or longer if individual casseroles are used. Serves 4 to 6 persons.

Breaded Cold Meats

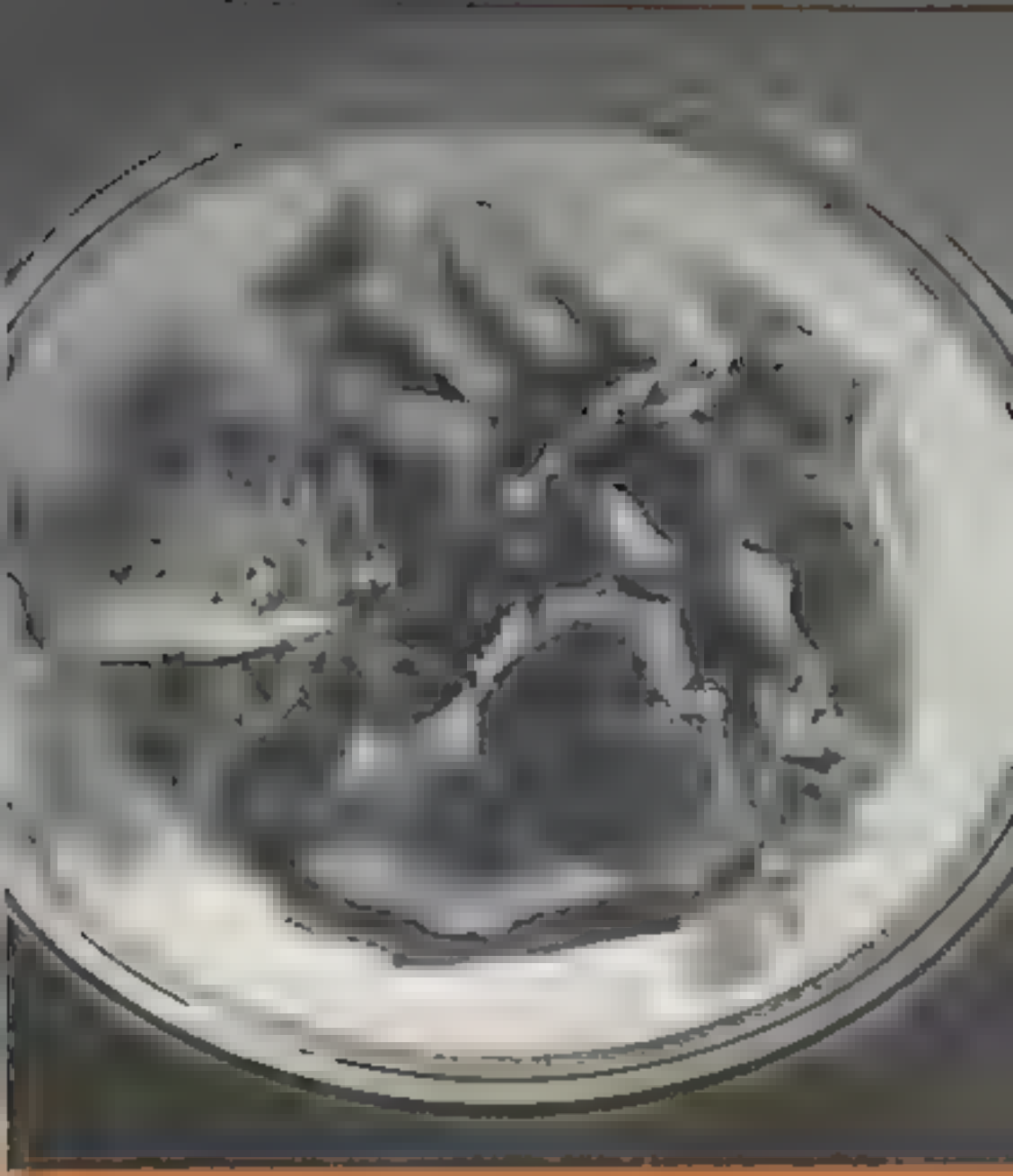
- Cold cooked veal
- Heinz Tomato Ketchup
- 2 raw eggs, beaten
- Fat
- Salt and pepper
- Heinz Sweet Cucumber Pickles
- Parsley

Slice cold veal and trim off any bone left over after carving. Dip each piece in Ketchup, then in egg, then in fine dry bread crumbs. Fry in hot fat until golden brown. Salt and pepper to taste, depending upon the amount of meat. Serve on a hot platter with boiled potatoes and Heinz Sweet Cucumber Pickles. Allow 2 pieces of veal per person.

Refrigerator Meat Loaf

- 2½ cups cold cooked veal or pork
- ½ cup Heinz Sweet Mixed Pickles
- ½ cup soup stock
- ½ teaspoon pepper
- 1 tablespoon melted butter

Grind Meat and Pickle together finely. Add stock, pepper and melted butter. Blend thoroughly and pack mixture into a loaf pan lined with waxed paper. Let stand overnight in refrigerator.



LAMB

Dinner Menus

APPETIZER OR SOUP (If desired)	MEAT DISH	POTATOES OR SIMILAR FOOD	OTHER VEGETABLE
Strawberry Cocktail	Lamb [illegible] Page [illegible]		Spring Peas in [illegible] Sauce Candied Carrots
Tomato Juice Cocktail or Hearts Sandwich Spread Canapes	[illegible] Mutton [illegible] Page [illegible]	[illegible]	[illegible] with [illegible] Deviled Egg
Hearts Gumbo Creole Soup	[illegible] Spaghetti Page [illegible]		[illegible]
	Lamb [illegible] Page [illegible]	[illegible] Brussels	French Fried Egg Plant
	Pork [illegible] Page [illegible]	[illegible]	[illegible] [illegible]
Mint Fruit Cup	[illegible] Page [illegible]		[illegible] Sauce
Hearts Consomme	[illegible] Page [illegible]	Pan Fried Potatoes	Succotash
Grapefruit Juice	Fricassee of Lamb Page [illegible]	Mashed [illegible]	[illegible]
Hearts [illegible]	[illegible] Mushroom Sauce Page 65	[illegible] Page [illegible]	[illegible]
Mixed Fruit Cup	Lamb Chops	[illegible] Salad	Buttered Spinach
[illegible]	Cold Hearts Salads	[illegible] Page [illegible]	
Hearts Tomato Juice	Roast Lamb	[illegible]	[illegible] Turnips

INCLUDING LAMB

GARNISH OR RELISH	SALAD	DESSERT
[illegible]	Grapefruit [illegible] Mint Garnish	Fudge Cake
[illegible]		[illegible]
[illegible]	Mixed Vegetable Salad	[illegible]
Mint Jelly [illegible]	[illegible] Salad	Chocolate Chip Cream Pie
Parsley, Lemon Sweet Mixed Pickle	[illegible] Cabbage and Carrot Salad Slaw	Lemon Fluff Pie
[illegible] Sweet Midget Gherkins	Mashed Black Cherry Salad	Frozen Custard with Vanilla Wafer Cookie
[illegible]	[illegible] Cherry Salad	[illegible] Pineapple
Ketchup Gravy	Grapefruit Fruit Salad	Cherry Pie
Heinz Sweet Mixed Pickles	Cabbage and Celery Salad	Heinz Plum Pudding with Sauce
Heinz Chili Sauce	Lettuce, Cucumber and Green Pepper Salad	[illegible]
Heinz Fresh Cucumber Pickles	Mixed Fruit Salad	[illegible] Cheesecake
[illegible] Currant Jelly	Mixed [illegible] Salad	[illegible] Nut Pie

Page 6

Lamb Preparation

[redacted] simple meat [redacted] tender [redacted] the secrets of the finest cooks will fail to compete [redacted] market [redacted] a good piece of lamb [redacted] known factors [redacted] preparation [redacted] the [redacted] of [redacted] one of the most [redacted] suggestion [redacted] in its prepa- [redacted]. A five or six pound leg should [redacted] laid across the top if the [redacted] degrees F., and near [redacted] a hot platter (the serving [redacted] be accompanied by something [redacted] Fresh Cucumber [redacted]

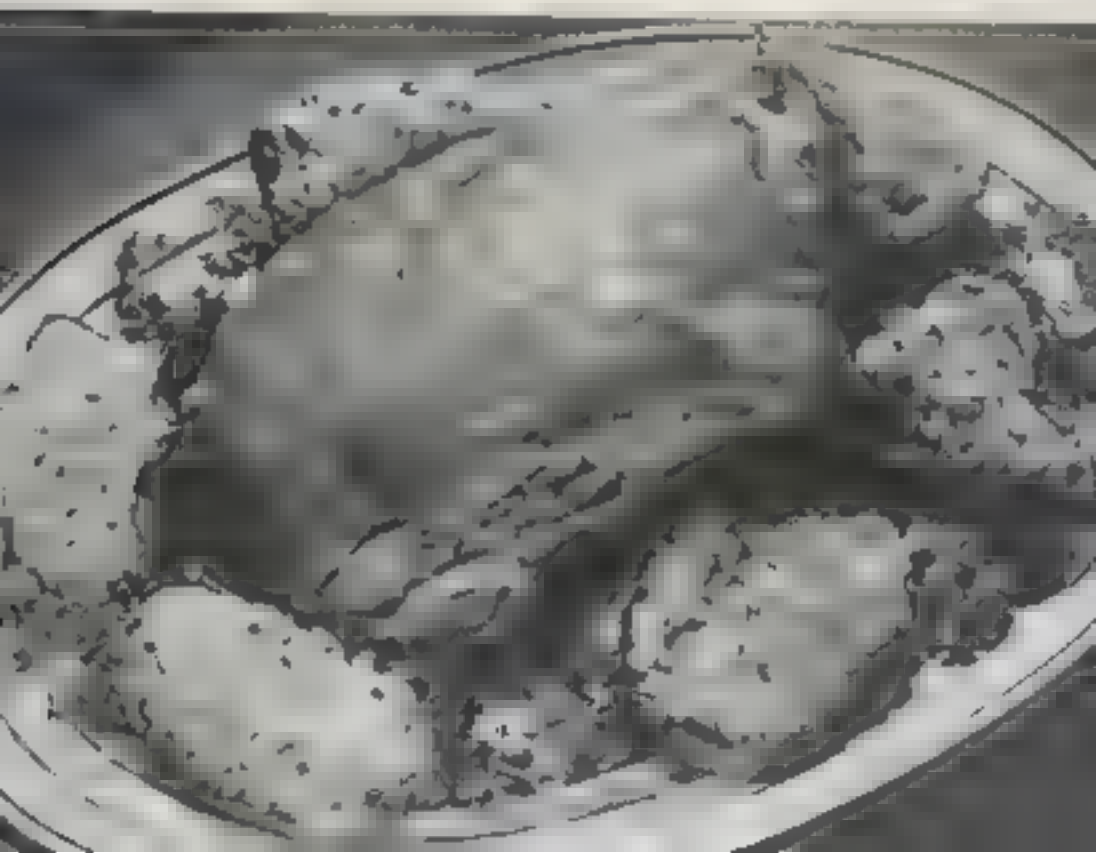
[redacted] Cottage Pies, Lamb with [redacted] casserole of lamb com- [redacted] Cooked Spaghetti, and so on. [redacted]

[redacted] Appetizers and Sandwi[redacted] fruited. A great aid in [redacted] or for three hours from [redacted]

Lamb Roast Supreme

- [illegible] or 5 [illegible] lamb shoulder roast
- 2 [illegible] salt
- ½ teaspoon pepper
- 3 tablespoons flour
- 1 large green pepper
- 2 cups [illegible]
- ½ cup [illegible] celery
- 1 tablespoon Horseradish Sauce

Wipe roast with [illegible] cut [illegible] with salt and pepper and flour. Sear [illegible] 400°F.) [illegible] minutes per pound. Remove [illegible] fat. Add [illegible] and celery. Place on roast and bake [illegible] Remove roast to platter and keep warm. Blend [illegible] Serve on platter with [illegible]



English Mutton Chops

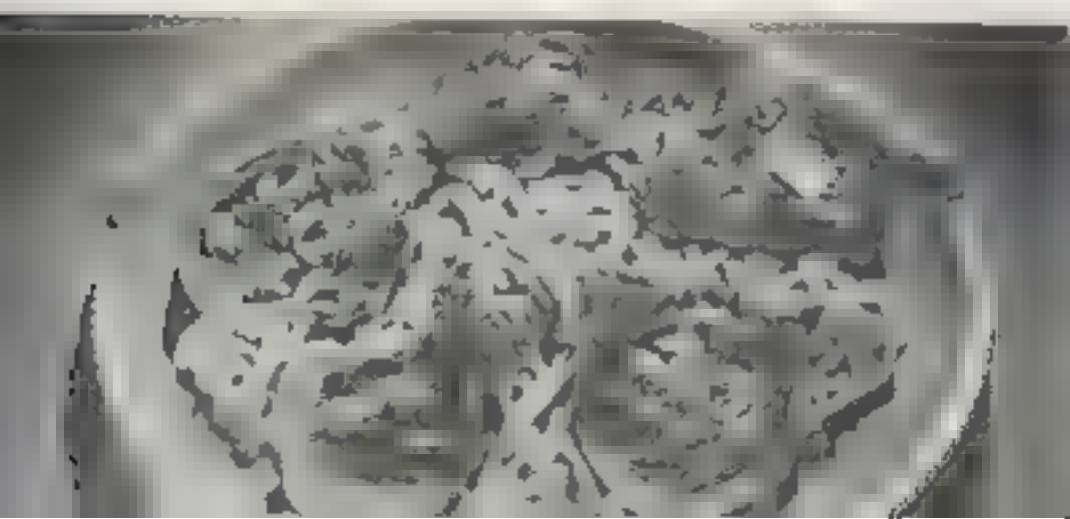
- 6 mutton chops
- 1 teaspoon salt
- ⅛ teaspoon pepper
- 1 tablespoon Heinz Pure Olive Oil
- 1 tablespoon butter
- 1 can Heinz Cream of Mushroom Soup
- ½ cup milk
- 1 tablespoon Heinz Worcestershire Sauce
- 1 cup soft bread crumbs
- ½ cup grated cheese

Mix salt, pepper and Heinz Pure Olive Oil. Rub mixture over chops and let stand for about 1 hour. Heat butter in skillet and brown chops on both sides. Remove chops to a shallow baking dish. Add Heinz Cream of Mushroom Soup, milk and Heinz Worcestershire Sauce to drippings in skillet and heat, stirring constantly. Pour sauce over chops. Combine bread crumbs and cheese and sprinkle over chops. Bake in moderate oven (350° F.) 30 minutes, or until chops are tender. Serves 6.

Lamb Patties with Spaghetti

- 1½ pounds lean lamb shoulder, ground or chopped with beef suet
- 1 teaspoon salt
- ⅛ teaspoon pepper
- 1 can Heinz Worcestershire Sauce
- 1 package Heinz Cooked Spaghetti in Tomato Sauce

Broil lamb chops or lamb patties as you like them. Add seasonings to the Spaghetti and heat. Arrange chops and Spaghetti attractively on a fairly large platter. Serves 4 persons.



LAMB COOKERY

Broiled Lamb or Mutton Chops

- [illegible] chops
- 1 tablespoon butter
- 1 tbsp Worcestershire Sauce
- Salt and pepper

Wipe the pork chops and cut off some fat and place on a greased broiler. Place under the flame, turning every 10 seconds for the first minute. After the first minute, turn occasionally until well cooked on both sides. Spread the hot meat with butter, sprinkle with Worcestershire Sauce, salt and pepper.

Lamb with Mushroom Sauce

- 2 tablespoons butter
- 4 tablespoons flour
- ½ teaspoon salt
- 1 cup milk
- 1 cup Heinz Cream of Mushroom Soup
- Cayenne
- ½ cup grated cheese
- 1½ cups diced cooked lamb

Melt butter and add flour and salt. Stir in milk and Soup gradually and cook until thick and smooth. Add cayenne, cheese and lamb. Mix thoroughly. Heat. Serve on crisp toast.

Fricassee of Lamb

- 3 lbs. lamb cut from forequarter, cut in pieces for serving
- 1 teaspoon salt
- Pepper
- Flour
- Heinz Tomato Ketchup

[illegible] meat in kettle with cold water, cover and cook until tender. Season with salt and pepper, dredge with flour and brown in butter. Arrange meat on platter and pour around meat 1½ cups gravy from [illegible] to which has been added 1 tablespoon Heinz Tomato Ketchup after removing all fat. Cook the day before as fat can then be more easily removed. No chop added to lamb gravy [illegible]

Lamb en Casserole

- 2 cups cold cooked [illegible]
- 1 large can Heinz Baked Spaghetti In Tomato Sauce
- 1 cup Heinz Tomato Ketchup
- ½ cup water

Cut [illegible] into [illegible] and arrange in deep [illegible] layers of Spaghetti and meat until [illegible] have been used. Add Ketchup and water. Bake in [illegible] oven (375° F.) for 30 minutes.

Barbecued Lamb

- 1 [illegible] cold roast lamb
- 2 tablespoons [illegible]
- 1 tablespoon Heinz Pure Cider Vinegar
- ½ cup Heinz Currant Jelly
- ½ teaspoon Heinz Prepared Mustard
- Salt

Reheat lamb in sauce made by heating [illegible] Vinegar, Jelly, Mustard and salt [illegible] well mixed. Serve the Barbecued lamb [illegible] with [illegible] potatoes, green beans au gratin and Heinz Sweet Mixed Pickles.

Quick Cottage Pie

- 2 tablespoons butter
- 1 to 2 cups diced left-over meat (lamb, beef, pork or veal)
- 3 tablespoons flour
- 1 medium can Heinz Vegetarian Soup
- Left-over mashed potato

Melt butter in [illegible] add [illegible] cups of [illegible] meat. Sprinkle with flour, cover with [illegible] Vegetarian Soup and [illegible] pork and beans. Pour into a [illegible] and cover with a layer of left-over mashed potato [illegible] to make fluffy again and heap up with a [illegible] knife. Place in a moderate oven [illegible] F.) [illegible] minutes.

POULTRY

Dinner Menus

APPETIZER OR SOUP (IF DESIRED)	MEAT DISH	POTATOES OR SIMILAR FOOD	OTHER VEGETABLE
Heinz Tomato Juice chilled	Roast Turkey with Stuffing Page 75	Mashed	
	Fried Chicken with Stuffing Page 71	Sweet Potatoes candied	
	Chicken à la Maryland Page 72	Deep-fried	String Beans
Heinz Cream of Celery Soup	Chicken Salad	Stuffed Potato Shells	
Heinz Cream of Oyster Soup	Broiled Spring Chicken with Mushrooms Page		
	Chicken Pie Page		
Heinz Cream of Celery Soup, Peanut Butter Canapés	Hungarian Chicken Pot Pie Page	Parsley	
Heinz Tomato Soup partially fr	Creamed Turkey with Olives Page	Sweet Potatoes	
	Turkey & Peas Page	Heinz Macaroni in Tomato Sauce	
	Chicken Chicken with Noodles	New Potatoes Butter Sauce	

INCLUDING POULTRY

GARNISH OR RELISH	SALAD	DESSERT
[illegible]		[illegible] Meat Loaf Cake
[illegible]	[illegible]	Genoa Fig Pudding
[illegible]	[illegible]	[illegible]
[illegible]	Cranberry Ice	[illegible]
[illegible]	Mixed Vegetable Salad	[illegible] Sweet Cake with Whipped Cream
[illegible]	Mixed Fruit Salad [illegible]	[illegible]
[illegible]	[illegible] Salad	Butterscotch Parfait
[illegible]	[illegible]	[illegible] Mince Meat Pie
[illegible]	[illegible]	Basque Ice Cream
[illegible]	Spiced Pear & Cheese Salad	[illegible]

Poultry Preparation

Around the steaming fowl [illegible] are part of chicken or turkey [illegible] offered among the finest-served [illegible] these [illegible] to develop [illegible] poultry meat.

Whether [illegible] chicken or a regal turkey, [illegible] duck or [illegible] goose [illegible] ultimate satisfaction [illegible]. Whatever [illegible] clean smooth skin [illegible] good poultry. [illegible] from one-half to three-fourths [illegible] poultry [illegible] be served. This [illegible] with, when stuffed [illegible] ten pound turkey will [illegible] fifteen people. [illegible] and [illegible] a good turkey [illegible] are complete and will [illegible] which you [illegible]

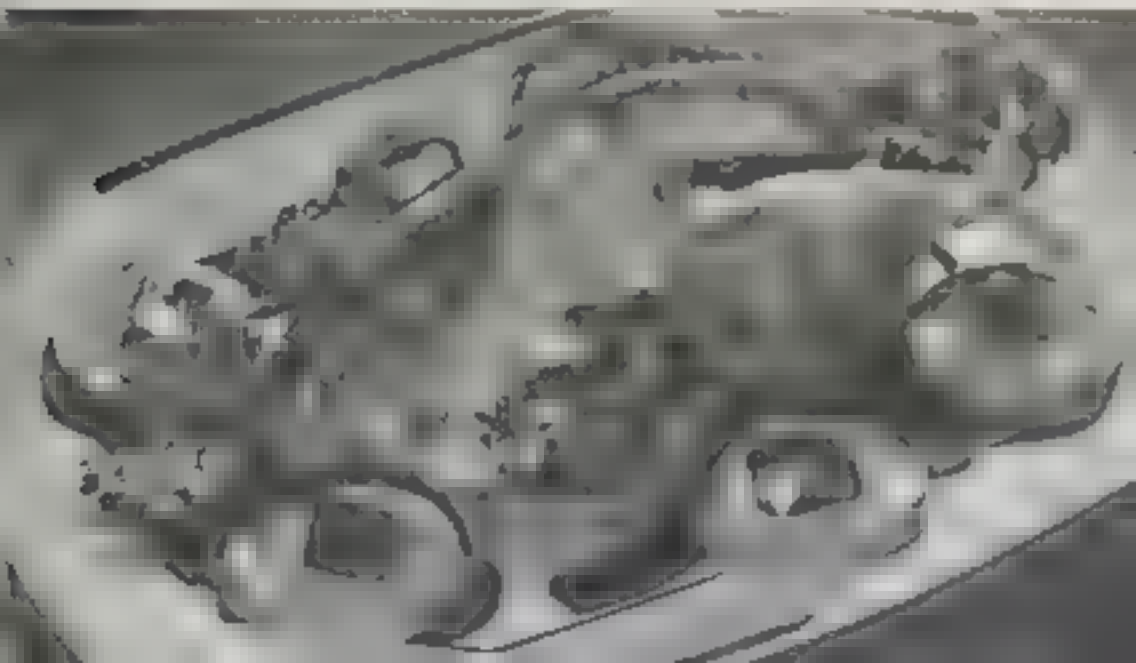
[illegible] Cream of [illegible] Sauce [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] cream with [illegible]

The Favorite Dinner Menus [illegible] pages will be a guide to planning [illegible] see pages 97 and 98 for special occasion [illegible] suggest dinners for [illegible]

■ [illegible] Stock [illegible] Vegetable [illegible] Sauce [illegible] Poultry [illegible] Sauce [illegible] Sauce [illegible] Sauce

Roast Chicken with Stuffing

- 1 roasting chicken
- Stuffing
- Salt, Pepper, Olive Oil
- Salt
- Pepper
- Butter



Turkey Club Sandwiches with Bacon

- [illegible] buttered [illegible]
- [illegible]
- [illegible]
- 6 [illegible]
- [illegible] Heinz Tomato Ketchup or Chili Sauce

[illegible]

Chicken or Turkey a la King

- [illegible] cooked [illegible]
- [illegible]
- [illegible] chopped pimento pepper
- [illegible] sliced mushrooms
- 3 tablespoons flour
- 1 medium can Heinz Cream of Mushroom Soup
- ½ teaspoon salt
- 1 tablespoon Heinz India Relish
- 2 cups [illegible]

Melt [illegible] add green pepper and [illegible] cook slowly until [illegible] Add Cream of Mushroom Soup and [illegible] Add [illegible] Relish and chicken [illegible] Add [illegible] cook [illegible]

Chicken and Vegetable Salad

- 2 cups chicken, [illegible]
- ½ cup cooked carrots, [illegible]
- ½ cup cooked peas
- ½ cup cooked [illegible] head
- ½ cup [illegible]
- 1 [illegible] salt
- 1 [illegible] paprika
- 1 [illegible] chopped parsley

Mix [illegible] cooked [illegible] vegetables with salt, paprika and parsley. [illegible] Arrange [illegible] on [illegible] with Heinz Mayonnaise.

Creamed Turkey with Olives

- 4 tablespoons butter
- 4 tablespoons flour
- 2 cups milk or cream
- 1 teaspoon salt
- Dash of pepper
- 2 cups cut cooked turkey
- 1 cup pimiento-stuffed olives, sliced
- 1 cup Heinz Stuffed Spanish Olives, sliced
- 1 small can mushrooms
- Buttered toast or rice crackers

Melt butter in saucepan and blend in flour. Add milk or cream, salt and pepper and cook until thick, stirring constantly. Add turkey, olives, mushrooms and pimiento. Heat over hot water. Serve on toast or rice crackers.

Molded Chicken Salad

- 2 teaspoons gelatin
- ½ cup cold water
- 2 cups cooked chicken, diced
- ½ cup celery, diced
- 2 tablespoons pimiento, chopped
- ½ cup Heinz Stuffed Spanish Olives, sliced
- 1 teaspoon salt

Soak gelatin in cold water. Dissolve over hot water. Add to mayonnaise. Add chicken, celery, pimiento, olives and salt. Mix well. Pour into wet mold. Chill. Unmold on lettuce leaf. Garnish with mayonnaise and pimiento. Tongue or cooked ham may be used.

■ [illegible] Heinz Stuffed Spanish Olives [illegible] and celery. Dressings [illegible] and Sandwiches [illegible] Heinz Stuffed Spanish Olives. A great aid in [illegible] Send for [illegible] these ideals from H. J. Heinz Products.

Turkey and Peas en Casserole

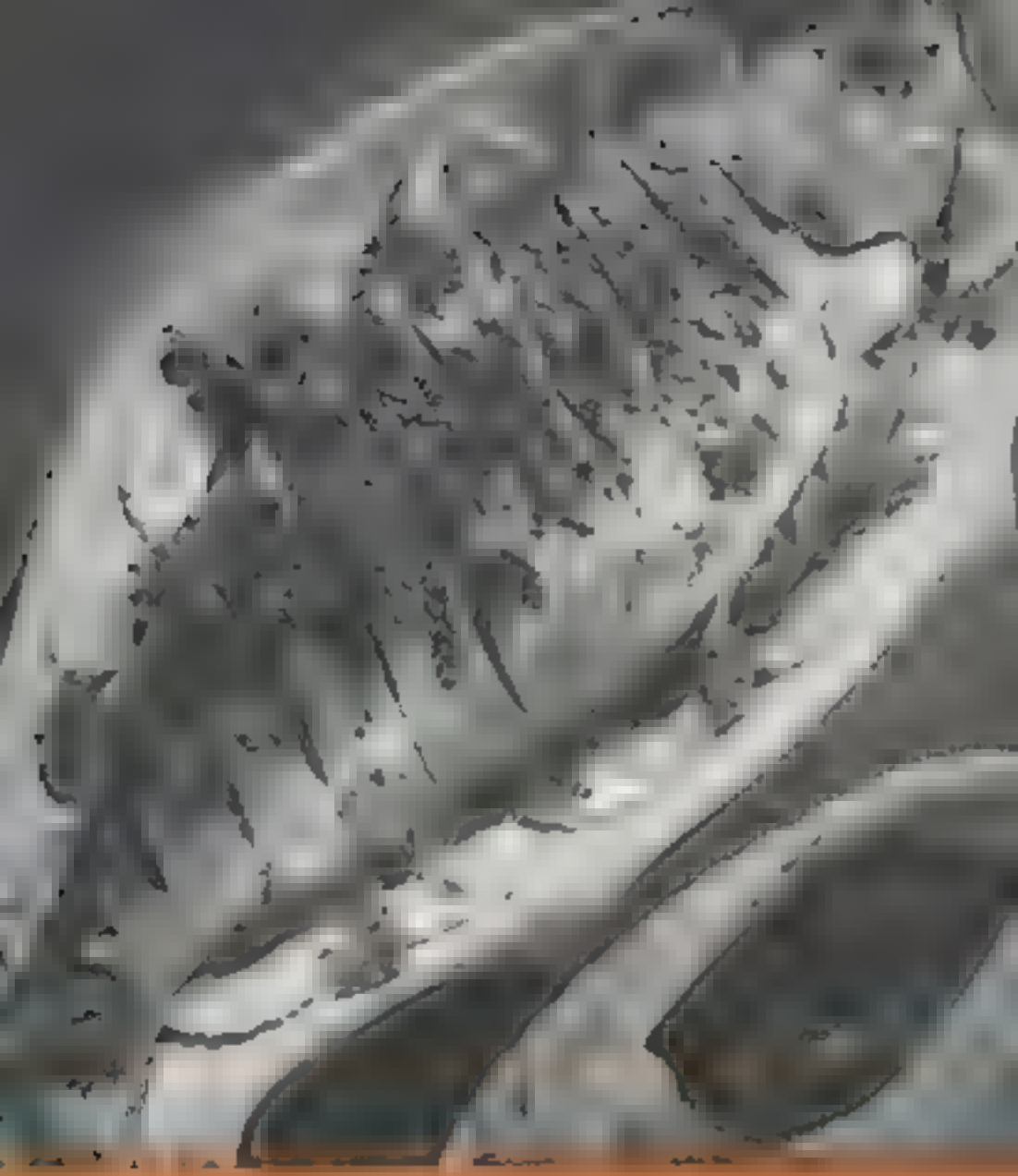
- 2 tablespoons butter
- 2 tablespoons flour
- 1 cup turkey broth
- 1 cup Heinz Tomato Ketchup
- Salt and pepper
- 2 cups cold turkey
- 1 cup cold cooked peas
- Bread crumbs

Melt butter in pan, add flour and mix well. Add turkey broth and ketchup and cook until thickened, stirring constantly. Season with salt and pepper. Place cooked turkey and peas in casserole, cover with gravy, sprinkle with bread crumbs and bake in hot oven (400°F.) about 20 minutes or until brown, and serve.

Creamed Chicken and Mushrooms on Toast Cubes

- 3 tablespoons butter
- 1½ cups cooked chicken or veal
- 3 tablespoons flour
- 1 medium can Heinz Cream of Mushroom Soup
- 4 hard cooked eggs
- Salt and pepper

Melt butter in pan, add flour and mix well. Add cream and mushroom soup and cook until thickened, stirring constantly. Add eggs, chicken and heat thoroughly. Slice eggs through egg white only. Season with salt and pepper to taste. Serve on toast cubes or in baked patty shells with buttered peas which have been heated in salted water and drained. Garnish with parsley. An easily prepared dish for unexpected company or luncheon.



FISH

Dinner Menus

APPETIZER OR SOUP (IF DESIRED)	MEAT DISH	POTATOES OR SIMILAR FOOD	OTHER VEGETABLE
	Page 88		
	Page 89		
Crab Meat Cocktail Page 86	Fried Chicken	Mashed Potatoes	
	Baked Oysters, Page 90	Escalloped Potatoes	
	Oysters En Brochette Page 90		

INCLUDING FISH

GARNISH OR RELISH	SALAD	DESSERT
	Cabbage and Apple Salad with Heinz	
		Currant Jelly Roll
	Pineapple, Celery and Walnut Salad	Ice Cream & Rice Bakers Cookies
Celery Hearts Heinz Preserved Sweet Pickled Onions	Fresh Vegetable Salad	
Heinz Pure Apple Butter		
Heinz Queen Olives Radishes		
	Cucumber Salad with Stuffed Olives & Heinz Mayonnaise Dressing	
		Iced Melon

Fish Preparation

[redacted] frequently, more often perhaps than [redacted] with a wide variety of fish to [redacted] and [redacted] methods of cooking and serving.

[redacted] or fresh. [redacted] other than the usual

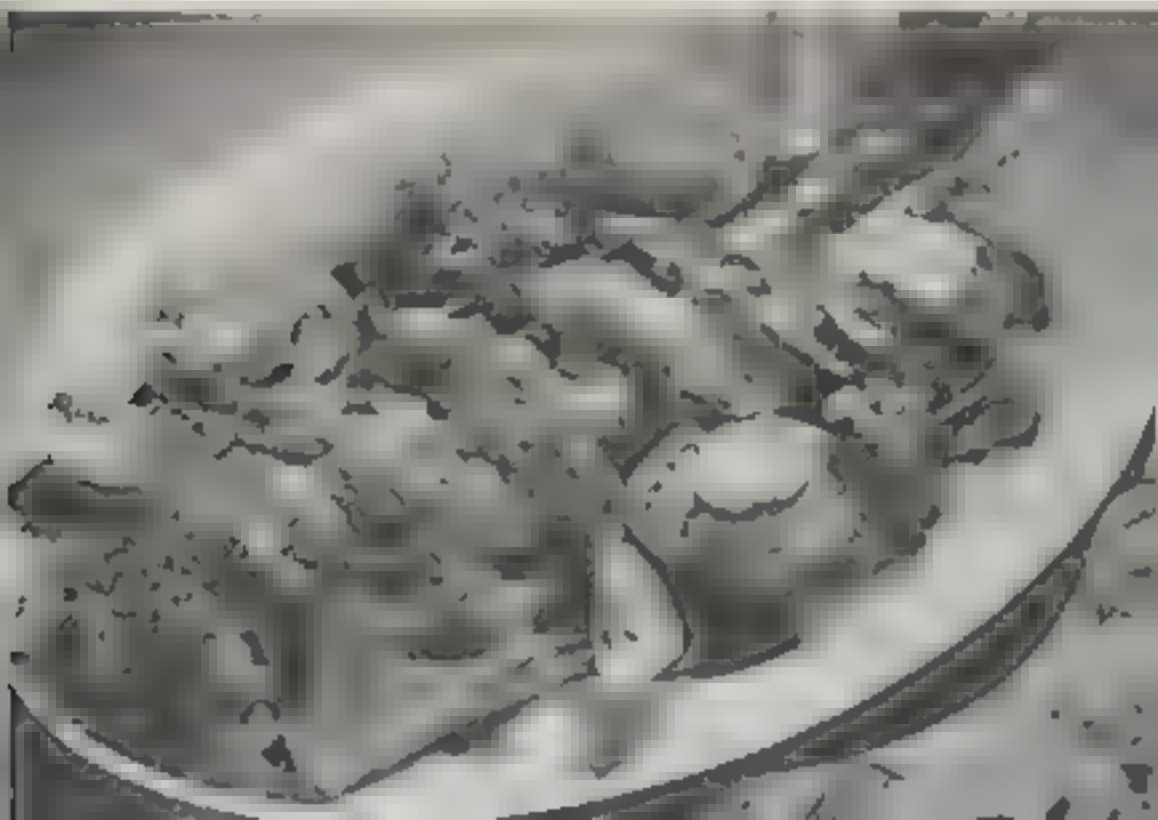
[redacted] fish. Frequently, menu planning [redacted] difficult to choose the [redacted] to be served. These practical [redacted] problem of serving [redacted]

BAKED FISH WITH QUICK TARTAR SAUCE—a

Baked Fish with Quick Tartar Sauce

- [illegible] fish
- [illegible]
- [illegible]
- [illegible]
- [illegible]
- [illegible]
- [illegible]
- [illegible]

[illegible]



Tuna Fish or Salmon Salad

- 2 cups flaked tuna fish or salmon
- 2 tablespoons pickle relish
- 1 cup sliced Hard Sweet Cherkins
- ½ teaspoon salt
- Dash of pepper
- ½ cup Mayonnaise
- Lettuce
- 2 hard cooked eggs
- Paprika

Make fish light by [illegible] pepper. Moisten with Mayonnaise. [illegible] Garnish with lettuce, egg wedges sprinkled with paprika. Yield: [illegible] persons.

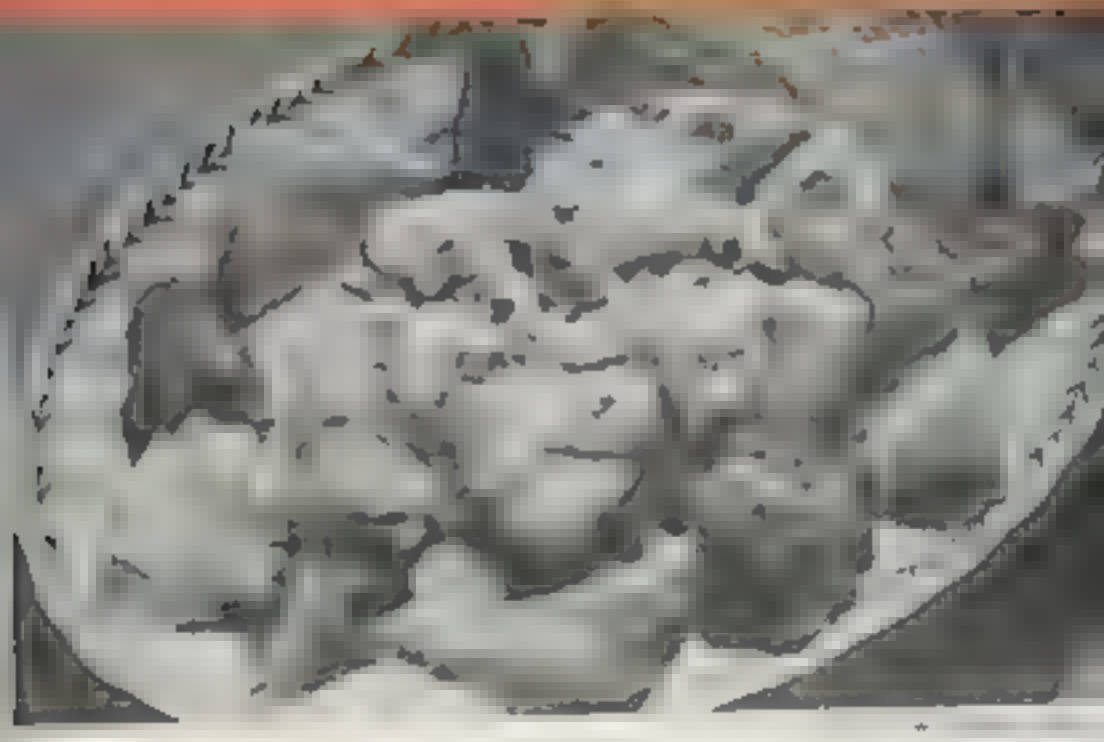
Baked Fish with Mustard Sauce

- 1 pound fillet of haddock
- 2 tablespoons milk
- Dash of pepper
- 2 tablespoons melted butter
- 1 tablespoon flour
- 1 cup boiling water
- 1 tablespoon lemon juice
- 1 tablespoon Horse Radish Prepared Mustard
- ½ cup dried bread crumbs

Cut fish [illegible] pepper. Arrange in a shallow, well greased baking pan. Melt butter, add flour and blend well. Add boiling water and cook, stirring constantly until thickened. Add lemon juice and mustard. Pour over fish. Mix crumbs with butter and sprinkle over fish. Bake in hot oven (400° F.) [illegible] minutes. Remove to hot platter and garnish attractively.

■ [illegible]

(From Tuna Is Great Home Foods)



Tuna Fish with Pickle Sauce

- 1 cup [illegible] cooked tuna fish
- 2 [illegible] butter
- 2 tablespoons flour
- ½ [illegible] Heinz Sweet Gherkins, chopped
- ½ teaspoon salt
- Dash pepper
- ½ teaspoon Heinz Worcestershire Sauce
- Paprika
- 1 tablespoon [illegible]
- Buttered toast

Open [illegible] and drain [illegible] water and [illegible] Melt [illegible] add [illegible] and [illegible] Add [illegible] pickles, [illegible] Worcestershire Sauce, [illegible] and [illegible] Add [illegible] and [illegible] pickle sauce.

Baked Stuffed White Fish or Haddock

- 1 small to medium size fish
- ½ teaspoon salt
- Dash of pepper
- Flour
- [illegible]

Wash fish and dry. Rub inside with salt and pepper, stuff, sew up with [illegible] dredge with flour and place [illegible]. Add [illegible], basting [illegible] with 1 tablespoon of butter. Serve with Tartare Sauce (see recipe on page 91).

FISH STUFFING

- 2 cups dry bread crumbs
- [illegible]
- ½ teaspoon salt
- 1 teaspoon [illegible] parsley
- Dash of pepper
- 1 teaspoon [illegible] onion juice
- [illegible] Heinz Sauce
- Chopped [illegible]

Mix [illegible] and pour [illegible] over fish [illegible] Use this stuffing for [illegible] fish.

Creamed Tuna Fish on Toast

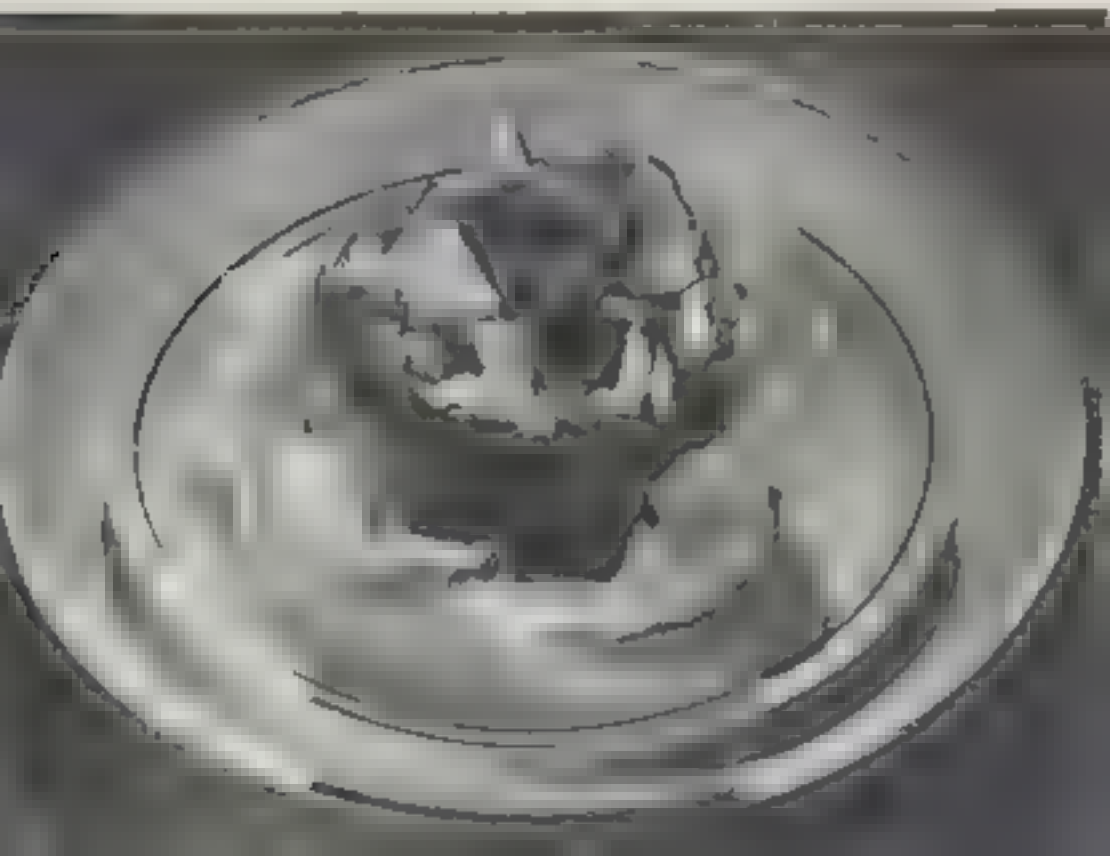
- 2 tablespoons butter
- 2 tablespoons flour
- 1 cup milk
- ½ teaspoon salt
- ½ teaspoon Heinz Worcestershire Sauce
- 2 [illegible] Heinz Ketchup
- Dash of pepper
- 1 cup cooked tuna fish
- Buttered toast

Melt butter [illegible] flour and [illegible] well blended. Add milk and [illegible] until thickened. Season with salt, Heinz Worcestershire Sauce, [illegible] pepper. Add the tuna fish [illegible] heated. Serve [illegible] separate [illegible] on buttered toast.

Olive and Fish Cocktail in Green Pepper Cases

- [illegible] small cooked Fish
- [illegible] Stuffed Spanish Olives
- [illegible]
- [illegible] or Russian Dressing (See Mayonnaise and Cold Sauces)
- [illegible] small green peppers
- Lettuce

Flake the [illegible] Fish and [illegible] with [illegible] Mayonnaise or Russian Dressing and [illegible] to the [illegible] prepare [illegible] Cut off the stalk ends of the peppers and remove the seeds. Place [illegible] on a bed of lettuce [illegible]



Baked Oysters, Mexican Style

- ½ cup Home Tomato Ketchup
- 1 teaspoon Heinz Worcestershire Sauce
- ½ teaspoon salt
- Dash of pepper
- 1 pint large oysters
- ½ cup grated American cheese
- 1 tablespoon butter
- Heinz Genuine Dill Pickles

To the Ketchup add Worcestershire Sauce, salt and pepper. Have ready 6 buttered ramekins or oyster shells and cover with the Ketchup mixture; sprinkle with the cheese and dot over with butter. Bake in moderate oven (350° F.) until cheese is melted and mixture is hot. Serve very hot with pickles. Serves 6.

Crab Meat Cocktail

- 2 heads lettuce
- 2 small cans shelled crab meat
- 12 Heinz Stuffed Spanish Olives

In small nests of lettuce laid out on individual salad plates or cocktail glasses set in bowls of cracked ice, place a small mound of the shelled crab meat. Make the cocktail sauce according to directions on page 98, pour this over the crab meat portions and garnish with Olives and sprigs of parsley.

Tuna and Corn in Tomato Sauce

- 2 tablespoons butter
- 1½ tablespoons flour
- 1 cup Heinz Tomato Juice
- ½ cup Heinz Cream Style Corn
- 1 can Heinz Tuna Fish
- ½ teaspoon salt

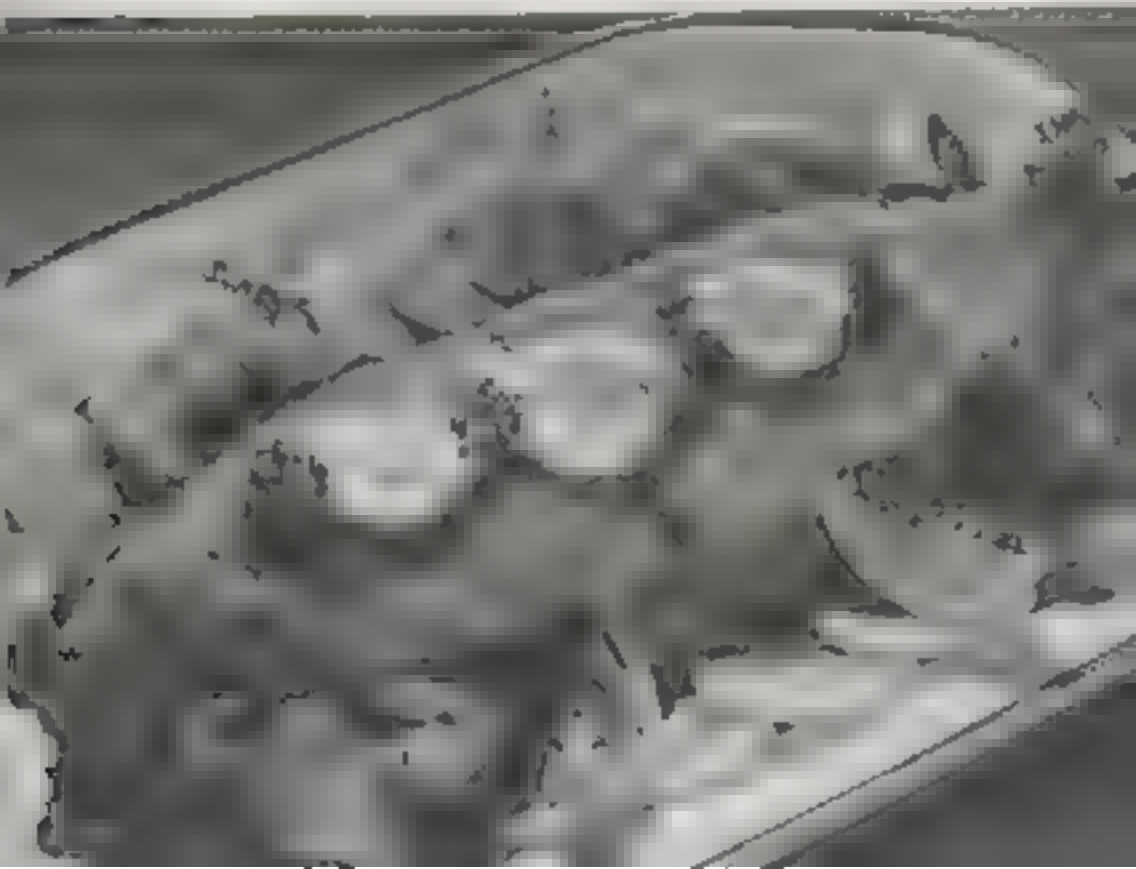
Melt butter, add flour and blend. Add tomato juice and salt. Cook until thickened, stirring constantly. Add tuna fish, breaking into small pieces, corn and salt. Heat thoroughly. Serves 4.

HAS NOT STEAK WITH TOMATO SAUCE—

Halibut Steak with Tomato Sauce

- 2 pounds halibut steak
- 1 tablespoon flour
- 1 tablespoon Maggi seasoning
- ½ teaspoon salt
- Dash of pepper
- 1 egg
- 1 cup bread crumbs or cracker meal
- Butter
- Tomato Sauce

Spread [illegible] Maggi seasoning [illegible] Dip in flour [illegible] egg [illegible] bread crumbs or cracker meal. Brown in butter [illegible] Serve with Tomato Sauce (see page 91) [illegible]



Oysters en Brochette

- 3 dozen oysters
- Salt and pepper
- Flour
- Bacon, cut thin
- Spanish Olives
- Heinz Tomato Ketchup

Drain the liquor from the oysters and season with salt and pepper. Roll oysters in flour, wrap a piece of bacon around each oyster and fasten with a wooden skewer. Continue until the skewer is filled. Broil them over a clear flame until the edges of the oysters begin to ruffle. Place on a hot dish and sprinkle with chopped parsley. Garnish with Olives and serve with Heinz Tomato Ketchup.

Salmon and Corn Fritters

- 1 lb. can of salmon
- ½ cups of cream style corn
- 1 cup Heinz Tomato Ketchup
- 2 to 3 tablespoons flour
- 2 eggs, beaten separately
- 1 teaspoon salt

Mix salmon, corn, salt, ketchup, egg yolks and flour. Drop by tablespoonfuls into deep fat and fry until golden brown. Drain on soft paper. Beat egg whites until stiff and fold into mixture. Drop by tablespoonfuls into deep fat and fry until golden brown. Drain on soft paper. Serve with Heinz Tomato Ketchup.

Shrimp with Mushroom Sauce

- 2 tablespoons butter
- 3 tablespoons flour
- 1 cup cooked shredded shrimps
- 1 medium can Heinz Cream of Mushroom Soup
- ½ cup milk
- Toast points

Melt butter and blend in flour. Add Soup and cook until thick, stirring constantly. Stir in shrimps and milk. Heat thoroughly. Salt and pepper to taste. Serve on toast points.

Salmon and Pickle Loaf

- 1 [illegible] flaked
- [illegible] pepper
- [illegible]
- [illegible] Sweet Pickle
- [illegible] egg
- 1 teaspoon butter
- 1 teaspoon salt
- 1 cup White Sauce (hot)
- 2 hard cooked eggs
- 6 Slices Stuffed Queen Olives

Mix [illegible] and pack into a [illegible] greased small platter and cover [illegible] for about an hour or [illegible] Turn out on a meat platter and pour [illegible] Garnish with [illegible] and sliced cooked [illegible] Serve hot or cold. Cooked peas may be added to the sauce if desired.

Salmon Casserole

- 1 [illegible] can salmon
- 1 cup Heinz Clam Chowder
- 1 cup Heinz Rice Flakes
- 1 egg
- ½ teaspoon salt
- Dash of pepper

Mix ingredients and bake in a buttered [illegible] dish in hot oven (400° F.) 30 minutes. Buttered Rice Flakes may be sprinkled over the top before baking.

Oyster Cocktail

- 6 oysters per person
- Crackers

Serve [illegible] Drain and [illegible] Place [illegible] glass and [illegible] Cocktail Sauce (see page 96) and serve on [illegible]

Salmon Croquettes

- 2½ cups flaked salmon
- ½ cup Heinz Chili Sauce
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 cup White Sauce

1½ cups Heinz Rice Flakes, crushed fine
1 egg, well beaten

Flake salmon, add Chili Sauce, salt, pepper and White Sauce and mix well. Cool, shape into croquettes and dip into Rice Flakes, then into beaten egg and roll in Rice Flakes again. Fry in deep fat and drain.

WHITE SAUCE

- 1 tablespoon Heinz Butter substitute, melted
- 1 cup milk
- ½ teaspoon salt

Blend flour with melted fat, add milk and salt, and cook until thick, stirring constantly.

Creamed Oysters and Mushrooms

- 6 tablespoons butter substitute
- 6 tablespoons flour
- 1 teaspoon paprika
- 2 medium cans Heinz Cream of Mushroom Soup
- 24 oysters (1 pint)
- 4 shelled hard cooked eggs, sliced

Melt butter substitute, blend in flour, paprika, salt and pepper. Add mushroom soup and oysters and cook until thick. Cook the oysters until the edges curl and fill with the hard cooked eggs. Pile on a platter and serve on patty shells or on toast.

■ Heinz Cream of Mushroom Soup may be substituted for the White Sauce in this recipe.

Baked Potatoes Stuffed with Salmon

- Potatoes
- Salmon
- Salt
- Pepper
- Butter
- Milk
- Grated cheese
- Tomato Sauce

Bake potatoes and [illegible] with an equal amount of baked [illegible] Scrape potatoes and mash better and [illegible] Season with salt and pepper and [illegible] Serve with tomato sauce.

Codfish Cakes

- 1 cup salt codfish
- 3 cups potatoes
- 2 eggs
- Pepper
- 1 tablespoon butter
- 2 tablespoons Heinz Tomato Ketchup

Soak codfish [illegible] Season and mix with eggs and potatoes. Drop by [illegible] in the form of eggs and fry in [illegible] Serve with tomato sauce.

Creamed Tuna Fish and Peas

- 3 tablespoons butter
- 3 tablespoons flour
- 1 cup milk
- ½ teaspoon salt
- ¼ teaspoon Heinz White Pepper or Paprika
- Dash of pepper
- 1 small ½ lb. can white tuna fish
- 1 cup canned or fresh cooked peas
- 10 Heinz Stuffed Spanish Olives, sliced

Melt butter, add flour and [illegible] Add milk [illegible] and Duck. Add peas and olives and serve hot on toast or Toast.

Fillet of Sole

- 2 tablespoons butter
- 1 large onion, finely sliced
- 2 tablespoons chopped parsley
- 1½ pounds fillet of sole
- Salt and pepper
- White wine
- 1 bay leaf
- 4 peppercorns

Melt butter in a pan and fry onion until soft but not brown. Then lay in the bottom of the pan and sprinkle over with parsley, salt and pepper. On this lay the fillets of sole and cover with white wine. Add bay leaf and peppercorns and bring to the boil. Simmer gently for 20 minutes or until tender. Serve with the liquor poured over.

- 2 tablespoons butter
- 1 tablespoon flour
- 1 hard cooked egg yolk
- 1 tablespoon parsley
- 3 tablespoons Heinz Tomato Ketchup
- 1 teaspoon Heinz Worcestershire Sauce

Melt butter in a saucepan, add flour and blend. Add milk gradually and bring to the boil, stirring constantly until thick. Remove from heat. Add hard cooked egg yolk, chopped parsley, tomato ketchup and Worcestershire Sauce. Pour sauce over poached fillets of sole over it and garnish with sprigs of parsley and wedges of lemon.

Codfish Soufflé

- 1 cup cooked codfish
- 2 cups raw potatoes
- 1 tablespoon butter
- 2 tablespoons Heinz Tomato Ketchup
- 2 eggs

Shred codfish, wash in water. Cook fish and potatoes together until tender. Drain thoroughly, mash, add butter and beat until fluffy. Add Ketchup, stir in egg yolks, and lastly fold in the well beaten egg whites. Pour into greased baking dish and bake in moderate oven (350° F.) for 20 minutes or until brown.

Sauces

Meat and Fish Sauces

[illegible] people like to dine out is that they like [illegible] about the flavor of foods eaten [illegible] and tempting [illegible] Much of the flavor, especially in meat and fish [illegible] varied and [illegible] and [illegible] that they can not be [illegible] Sauce [illegible] Sauce [illegible] Sauce

White Sauce

- 2 tablespoons butter
- 2 tablespoons flour
- 1 cup milk
- ½ teaspoon salt

Melt butter, add flour and [illegible] and heat until [illegible] and bubbly. Remove from heat and stir in hot milk and salt. Return to heat and [illegible]. Serve hot.

Hot Horseradish Sauce

- 2 tablespoons butter
- 2 tablespoons flour
- 2 cupfuls fish broth (cod)
- ½ teaspoon salt
- Dash of pepper
- 2 tablespoons Heinz Evaporated Horseradish (soaked in ¼ cup cold water for 10 minutes)
- ½ teaspoon Heinz Worcestershire Sauce

Melt butter, add flour and [illegible] and heat until bubbly. Add broth, salt and pepper. Add Horseradish and Worcestershire Sauce and serve over slices of boiled beef.

Quick Tartar Sauce

- Mix ½ cup Heinz Sandwich Spread with ½ cup Heinz Mayonnaise

Cucumber Sauce to serve with cold fish

- 2 large cucumbers
- ½ teaspoon salt
- Pepper
- 2 tablespoons Heinz Pure Cider Vinegar

[illegible] cucumbers and drain off the liquid. Add salt, a dash of pepper and Vinegar. Mix well. Chill and serve with cold fish [illegible] salmon.

Cocktail Sauce—No. 1

- ½ cup Heinz Chili Sauce
- ¼ cup Heinz Mayonnaise
- ½ teaspoon Heinz Pepper Sauce
- ½ teaspoon Heinz Beef Steak Sauce
- ½ teaspoon salt
- 1 teaspoon lemon juice

Mix together [illegible] Heinz [illegible] Cocktail Sauce [illegible]

Cocktail Sauce—No 2

- 1 cup Heinz Tomato Ketchup
- 3 tablespoons Heinz Chili Sauce
- 2 tablespoons Heinz Pure Vinegar
- Few drops Heinz Pepper Sauce
- 4 tablespoons Heinz Horseradish [illegible] soaked for 10 minutes in 2 tablespoons cold water
- ½ to 1 teaspoon salt
- Dash of pepper

Mix together [illegible] about 1 cups sauce

Mushroom Sauce

- 2 tablespoons butter
- 3 tablespoons flour
- 1 cup milk and one Heinz Cream of Mushroom Soup
- Salt and pepper

[illegible]

[illegible] Heinz Salad Book [illegible] Over 250 Tested Recipes for Salads, Dressings, Sandwiches and Suggestions for Salad Luncheons, Dinners and Suppers. Contains [illegible] Heinz Products. Sent [illegible]

SPECIAL OCCASION MENUS

Thanksgiving Dinner

Tomato Juice Cocktail

[illegible] Soup [illegible] Ripe Olives

[illegible] Spanish Queen Olives [illegible]

Roast Turkey [illegible] Dressing [illegible]

Mashed Potatoes Buttered Onions or Cauliflower

Asparagus Salad with Chili Mayonnaise

Wafers

Home Plum Pudding with Sauce

Coffee or Tea

Christmas Dinner

[illegible] Cocktail [illegible] Chicken Gumbo

[illegible] Pecans or [illegible] Nut Soup or Hors d'oeuvres [illegible]

Home Ripe Mission Olives Celery [illegible] Sweet Mixed Pickles

Roast Turkey page 730, Chicken or Duck [illegible]

Glazed Sweet Potatoes Creamed Brussels Sprouts [illegible]

Pineapple and Malaga Grape Salad

Home Plum Pudding with Sauce

or

Home Mince Meat Pie

Coffee

Salted Nuts Mints or Bon Bons

New Years Eve Supper

Oyster [illegible] Cocktail Mixed Pickles or Spiced Crab [illegible]

Chicken Fans Hot Rolls Celery

Home Spanish Queen Olives [illegible] Sweet Mixed Pickles

[illegible] Meat [illegible] Nuts

Coffee

New Year's Dinner

Crab meat Cocktail (page 16)

Cream of Mushroom Soup

Roast Leg of Lamb or Roast

Hot or Current Jelly

Browned Potatoes

Salad

Mince Meat

Nuts

Coffee

Valentine Luncheon

Cream Soup

Salad

Hot Rolls

Beverage

Ice Cream

Heart Cookies

Coffee

An Easter Dinner

Cream of Green Pea Soup

Stuffed Spanish Onions

Salad

Hot Rolls

Beverage

Broiled Fish with French Dressing

Devil's Food Cake, Cream Filling, White Cake, Coconut Frosting

Nuts

Coffee

CARVING

Rough, [illegible] the grain [illegible]

The standing rib roast [illegible] rib or plenum [illegible] the meat [illegible] bone [illegible] the rib bones [illegible] plan out across the [illegible]

[illegible] the left of the carver, insert the fork near the small end of [illegible] the point and at an angle [illegible] the bone [illegible] pointed knife [illegible] the grain [illegible] the upper portion, the size of the slices being governed by the angle of the knife.

The best method of carving is used in rib roast of veal, pork and [illegible] meat between the [illegible]

[illegible]

A 65 year tradition

[illegible] Henry J. Heinz [illegible] Heinz [illegible] H. J. Heinz Company [illegible] world. Every member of the board of directors [illegible] the [illegible] Heinz [illegible] branches here or abroad.

[illegible] Heinz [illegible] product is [illegible] Every Heinz article [illegible]

[illegible] Heinz [illegible] a little more to buy [illegible] than any other brand, yet it [illegible] largest [illegible] the world.

Heinz [illegible] Where [illegible] of the entire 57 Varieties is required, only [illegible] grade is employed—[illegible]

[illegible] Heinz [illegible] are used in only Heinz *Products*.

[illegible] Heinz is so proud of its great [illegible] are [illegible] through our plant at Pittsburgh so that these visitors [illegible] Heinz [illegible]

The 57 Varieties

HEINZ PURE FOODS

1 [illegible] with Pork and Tomato Sauce

2 [illegible] without Tomato Sauce, with Pork [illegible] Style

3 [illegible] Baked [illegible] without Meat [illegible]

4 Boiling Oven-Baked [illegible] Kidney Beans

5 Heinz Cream of Asparagus

6 Heinz Cream of [illegible] Soup

7 [illegible] Soup

8 [illegible]

9 [illegible]

10 Heinz Cream of Tomato Soup

11 [illegible]

12 [illegible]

13 [illegible]

14 [illegible]

15 Heinz Mock Turtle Soup

16 Heinz Scotch Broth

17 [illegible] Noodle Soup

18 [illegible]

19 [illegible]

20 [illegible]

21 [illegible] Green Soup

22 [illegible]

23 Heinz Puddings—Date, Fig and Plum

24 Heinz Peanut Butter

25 [illegible] Cooked Spaghetti

26 [illegible] Tomato Ketchup

27 Heinz Pure Jellies

28 Heinz Apple Butter

29 [illegible] Soup

30 [illegible]

31 [illegible]

32 [illegible]

33 [illegible]

34 [illegible]

35 [illegible] Stuffed Olives

36 [illegible]

37 [illegible] Sandwich Spread

38 [illegible] Pickled Onions

39 [illegible] Scotch Oxford Sausages and Soup

40 Heinz Stuffed Spanish Olives

41 [illegible]

42 [illegible]

43 [illegible]

44 [illegible]

45 [illegible]

46 [illegible]

47 [illegible]

48 [illegible]

49 [illegible]

50 [illegible]

51 Heinz Pure Malt Vinegar

52 Heinz Pure Cider Vinegar

53 [illegible]

54 [illegible]

55 [illegible]

56 [illegible]

57 [illegible]

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HEINZ
HEINZ
HEINZ
HEINZ
SAUCE

HEINZ
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